



## Additional Well-Being Resources for You and Your Team

During the pandemic, there has been increased pressure on organizations to consider their employees' well-being and ensure they feel supported during these difficult times. Below are some well-being tools and resources shared by your peers.



### **The Energy Project**

The Energy Project provides solutions to address the needs of your employees and the business by providing tools to manage burnout, increase productivity and motivation, and improve Employee Experience.



### **Tignum X**

When your leaders and employees are not performing at their best, neither is your business. By using data tracking and algorithms, Tignum X is a tool that helps you to learn performance strategies to improve your impact.



### **Thrive Global**

Thrive Global is a platform to help your people improve wellbeing and thrive in the new normal through inspiring stories and small steps that lead to healthy habits.



### **The Headspace App**

The Headspace app provides guided meditations, animations, articles, and videos for your employees to help reduce stress and improve focus and collaboration. Headspace will help you to launch the app, promote mindfulness in your organization, and track its impact.



### **MetLife's Employee Benefit Trends Study 2020 - *Navigating Together: Supporting Employee Well-Being in Uncertain Times***

MetLife's Employee Well-Being study provides insights into how their benefits program combined with a holistic approach to well-being helps their employees to stay more engaged and productive.