

IMPROVE YOUR WELLBEING **ANYTIME, ANYWHERE!**

Visit Employee Xtras today and give your wellbeing a boost!



What is the Wellbeing Center?

The Wellbeing Center is an online portal designed to help you be the best you can be, at whatever stage of your wellbeing journey, age or ability. Visit the Wellbeing Center for: expert blogs, healthy habits and tools for a healthier lifestyle across three key areas.



MOVE

Providing a wealth of fitness videos including Yoga, Cardio, Strength, HIIT, and Barre.



MONEY

Giving you financial education tips and tools to help you manage your money and plan for your future.



MIND

Offering you mindfulness videos including morning energizers, tools to improve sleep and resources about how to combat anxiety and depression.



MUNCH

Giving you the recipes to suit any taste and articles to live a healthy lifestyle.

All of these areas are regularly updated with new ideas, videos and articles to help you improve your overall well being. And you can access the information on any device at any time. We want to support you in living a healthier, happier lifestyle!

How do I access it?

Log in to **Employee Xtras** at any time, on any device, and explore what the Wellbeing Center has to offer.



MOVE is here to help you with physical wellbeing, specifically fitness. We've got hundreds of videos for you to choose from whatever your abilities, or your fitness goal. Whether you want tips for the gym, a class at home or inspiration for a new hobby, we have got something for you!

Top tip - Exercise is just as important for your physical health as it is for your emotional wellbeing. Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress.



MONEY This section is all about financial well being. Featuring educational blogs from the experts and a range of great tools including debt and savings calculators, you can build a plan for future financial wellbeing wherever you are starting from.

Top Tip - Did you know that financial worry is one of the biggest causes of stress? Start boosting your financial wellbeing today and you could improve your mental wellbeing too!



MIND To help combat stress, anxiety and other mental wellbeing issues, we've got the Mind section of the Wellbeing Center. Here, you can find meditation videos, expert help and tips for better sleep, reducing anxiety and ways to improve your mindfulness, plus much more. It's all accessible on any device, too.

Top Tip - Too much stress can make us anxious, tense and can cause sleep problems. When you are tired, you are less patient and more easily agitated, which can further increase your stress levels.



MUNCH In partnership with Hello Fresh, this section offers over 1,500 healthy recipes to suit any taste! You can filter by cuisine type and find favorite dishes from around the world or filter by food intolerance to make sure your recipe adheres to your allergies.

Top Tip - find fun recipes to try cook and tag your work friends in the comments section to help them find new foods to taste!



**CHECK OUT THE WELLBEING CENTER TODAY AND
MAKE A PLAN FOR A HAPPIER, HEALTHIER YOU!**

www.employeextras.com.au