

From the desk of our Wellbeing Team

Knowledge is Your Best Medicine

October has a way of accelerating everything. Budgets, planning, deadlines, and year-end goals begin competing for attention. It's often the point where organizations start asking people to do "just a little more."

The question isn't whether work will be busy—it will. The opportunity for leaders is to make sure people are clear on what matters most. It's also an ideal time to remind employees about the wellbeing resources available to them. Whether it's mental health support, an Employee Assistance Program, or other health and wellbeing benefits, a timely reminder can encourage people to access support when they need it most. Sometimes the most valuable wellbeing initiative isn't a new program—it's helping people remember the support that's already there.

What We're Reading This Month:

- [**The Invisible Work Draining Your Best Employees**](#)
- [**Neurodiversity At Work—Why Inclusion Has To Reach Beyond Hiring**](#)

