

LIFESPEAK

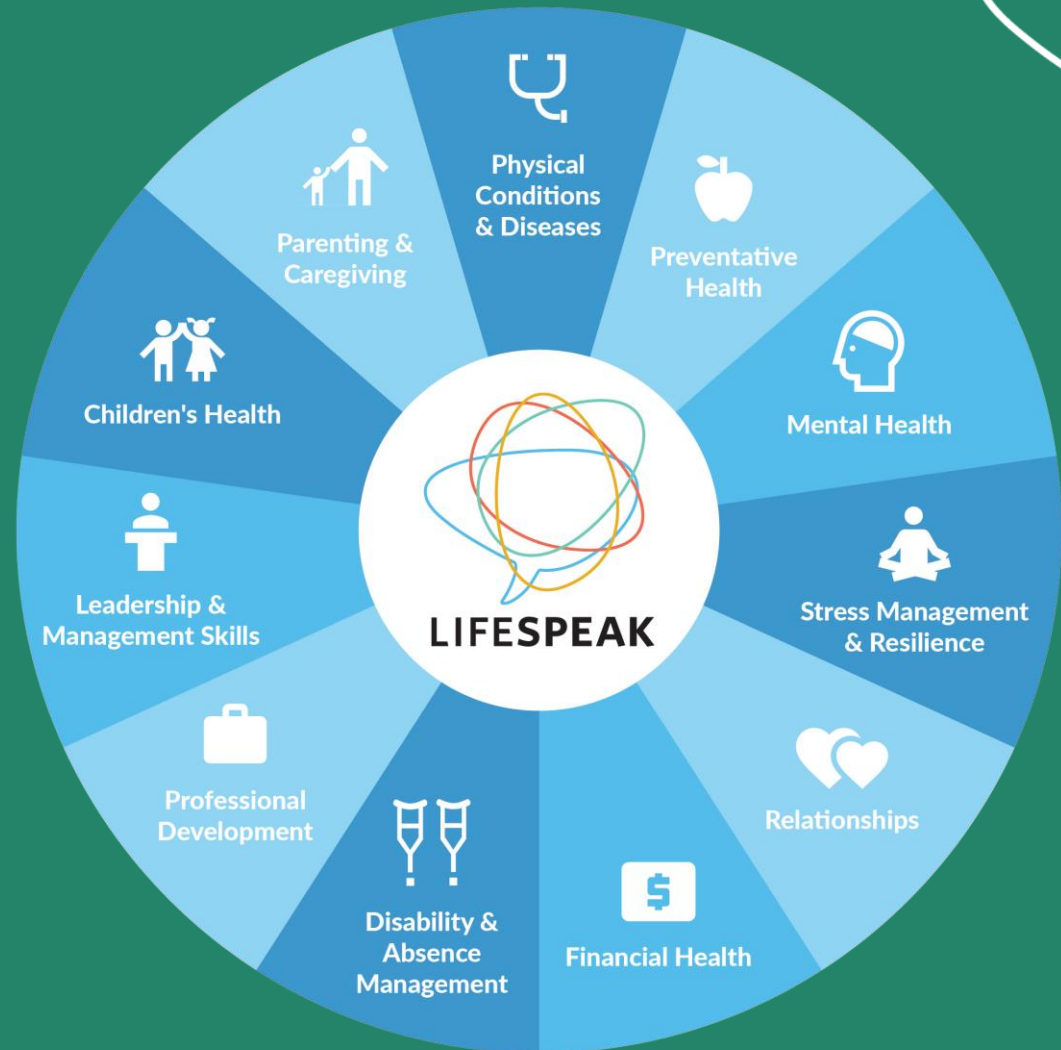


Your total well-being platform



What is LifeSpeak?

LifeSpeak is a **digital total well-being platform** that gives you and your family members around-the-clock access to North America's leading experts in mental and physical health, finances, caregiving, and more.



What do you get with LifeSpeak?

Available to all R. R. Donnelley employees and their families, 24/7/365 from any computer or mobile device.



Video.

Over **140 training** videos on topics ranging from physical and mental health, finances, parenting, eldercare and more.



Audio.

All video trainings are available in downloadable podcasts for those who want to listen on the go.



Print.

PDF tip sheets and biweekly **Expert Blog** posts give extra information and practical strategies.

All content is presented by leading experts so you can learn from the best.



What are some concrete things I can do at work to feel less stressed and improve my psychological and physical wellbeing?

Tim Sitt

Overview of your confidential LifeSpeak library

- ✓ The RRD LifeSpeak library contains over **140 videos** and **podcasts**, delivered by video, audio or print covering important topics, such as *Mental Health Stigma*, *Eating for Optimal Health*, *Better Sleep for Better Health*, and more.
- ✓ LifeSpeak publishes biweekly articles to the **Expert Blog** so content is up-to-date and relevant. New posts include articles such as:
 - Rethinking Nutrition Post Lockdown
 - How Fluctuating Work Schedules Can Cause Sleep Issues
 - Twelve Ways to Improve Communication with Your Partner
 - And bi-weekly meditations like 10-min Guided Meditation: Kick Start Your Meditation Routine Using Your Breath



Let's check out your LifeSpeak library

Learn
Watch videos

Expert Blog
Get the latest

COVID-19
Resources



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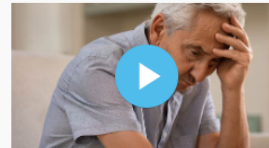


Welcome to LifeSpeak.

LifeSpeak is a digital wellness platform that gives you and your family members instant **CONFIDENTIAL** access to expert advice on a variety of life topics. From stress management to finances, physical & mental health, finances, and caregiving... it's all here !

- Watch videos and listen to audio podcasts at work, at home or on your mobile device
- Haga clic en el botón CC en el reproductor de video para incluir los subtítulos en español
- Download the LifeSpeak app from the [App Store](#) or [Google Play](#) and use Client Name: rrd and Client Password: rrd to sign in
- Download tip sheets written by subject matter experts
- Access new Expert Blog content on a bi-weekly basis
- Share content with colleagues and family members
- 100% confidential and anonymous

UP FIRST



Suicide: Understanding, Prevention, and Intervention with Dr. Sally Spencer-Thomas



Fitness Myths Debunked with Shelly McDonald



Coping With the Impact of Caregiving with Denise Brown

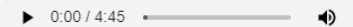
WHAT'S NEW

Social Distancing: What it means and how you can manage it in day-to-day life

Dr. Marni Amsellem

Q&A WITH LICENSED PSYCHOLOGIST, MARNI AMSELLEM, PH.D. What exactly is social distancing? Social distancing is something that we are all being asked ... ▶

PODCAST: What's the deal with calorie counting?



WHAT'S NEXT

Opt to receive LifeSpeak communications straight to the inbox of your choice: we'll let you know about contests, education campaigns and more! ▶

Your LifeSpeak Dashboard gives you instant access to everything new and coming soon. Check back often to make sure you don't miss anything!

LifeSpeak is available for family members, too!



✓ From the video details page, click on the **Share button** to send the video to a friend or a relative in an email.

✓ Send family members a **Welcome Kit** so that they can enjoy the LifeSpeak library too.

- Enter up to 5 email addresses at a time.
- Click to sign up and [Send a Welcome Kit](#).

The screenshot displays the LifeSpeak user interface. On the left, a video player shows a woman, Dr. Colleen Carney, sitting on a chair. The video title is "The link between sleep and health" and the speaker is "Dr. Colleen Carney". Below the video, there are icons for transcript, audio, tipsheet, and share. On the right, a "Modules" menu is open, listing several topics: "The link between sleep and health", "How much sleep do I need?", "Good sleep hygiene and insomnia", "Getting better and deeper sleep", "Combating fatigue", and "Better sleep for better health: frequently asked questions". A language selection menu is visible in the top right of the video player, with "Español" selected.



Expert Blog & Covid-19 Resource Page

Biweekly articles & Q&As on mental health, anti-racism, fitness, and more



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LIFESPEAK EXPERTBLOG

MENTAL HEALTH AND RESILIENCE, PROFESSIONAL DEVELOPMENT AND LEADERSHIP

USING A POSITIVE MENTAL ATTITUDE TO EXCEL IN YOUR CAREER
HINA KHAN
Success Coach and Registered Psychotherapist (Inactive)

COVID-19, MISCELLANEOUS

RETURN TO IN-PERSON WORK AND DOG SEPARATION ANXIETY
JOSÉE SÉGUIN
Dog Behaviorist

MENTAL HEALTH AND RESILIENCE

6-MIN GUIDED MEDITATION: BREATHING BREAK AT WORK
JENNIFER SNOWDON
Yoga Teacher and Buteyko Breathing Educator

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HOW TO EASE YOUR CHILD'S BACK TO SCHOOL

COVID-19, PARENTING AND CAREGIVING

Many children (and parents) are feeling uncertain about going back to school. After a year of constant change - remote school, in-person school, homes transitions between each of these - it makes sense that there is apprehension into common...

ALLISON VILLA
Registered Psychotherapist and Relationship Expert

Here is where you will find our expert blog posts around navigating and managing the COVID-19 pandemic. Check back often for new information.



RETURN TO IN-PERSON WORK AND DOG SEPARATION ANXIETY



HOW TO EASE YOUR CHILD'S BACK TO SCHOOL CONCERNS



COMING TO GRIPS WITH POST-LOCKDOWN STRESS



GETTING MOTIVATED FOR THE POST-LOCKDOWN WORKPLACE



RETHINKING NUTRITION POST-LOCKDOWN



TIPS TO MAINTAIN A HEALTHY WEIGHT WHILE WORKING FROM HOME

How can employees access LifeSpeak?

✓ RRD's unique URL and Password

- URL: <https://rrd.lifespeak.com>
- Client Password: rrd

✓ RRD Communications

- Sign up to get LifeSpeak communications to the inbox of your choice!

✓ LifeSpeak Mobile App (English only)

- Client Name: rrd
- Client Password: rrd

Download the LifeSpeak App now!

