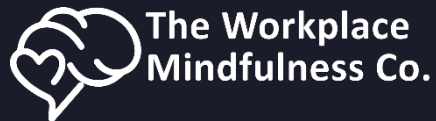
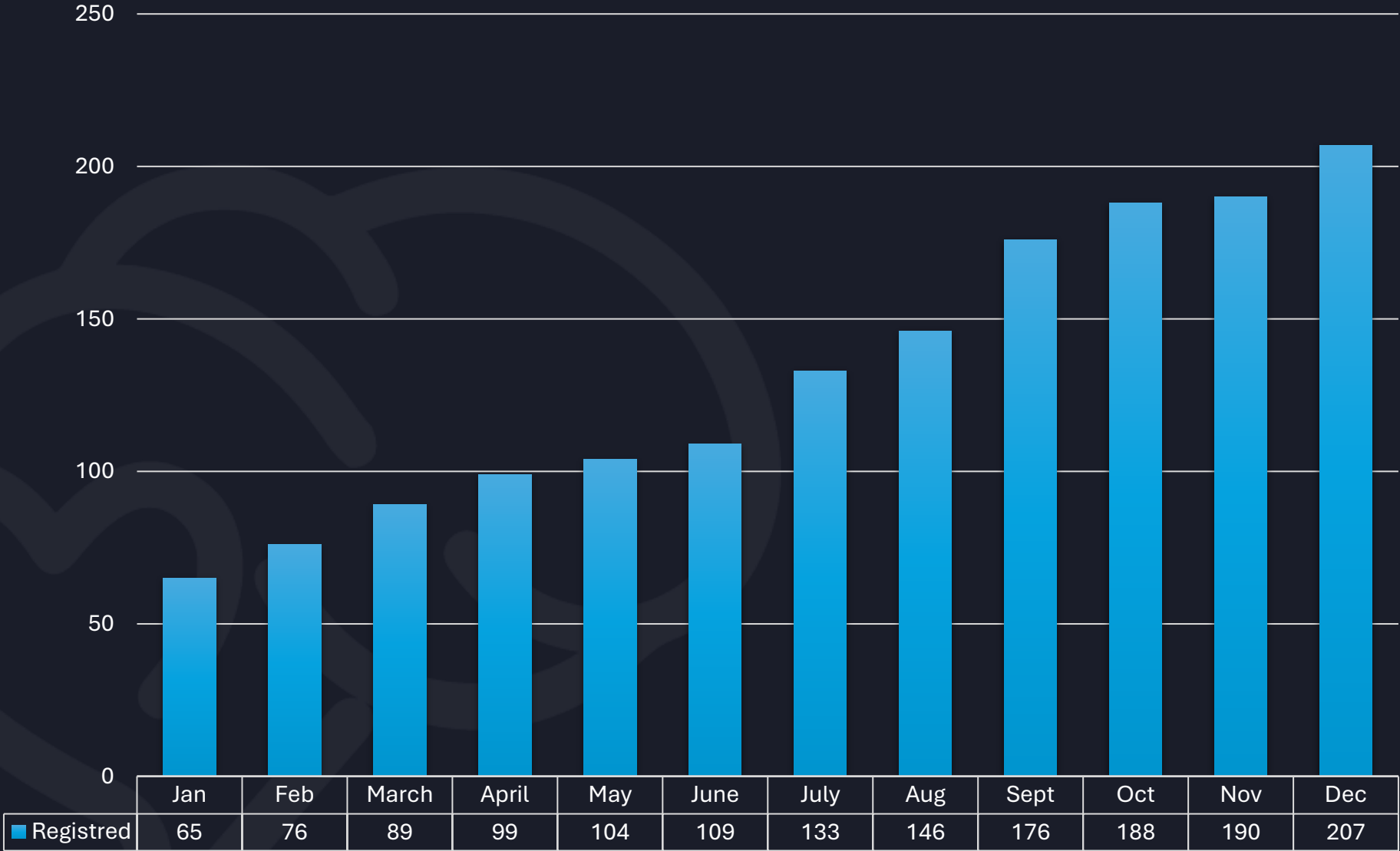


Wellbeing Connect Quarterly Report



Wellbeing Connect Registrations



207
Total Users

+4
Previous
month user
comparison

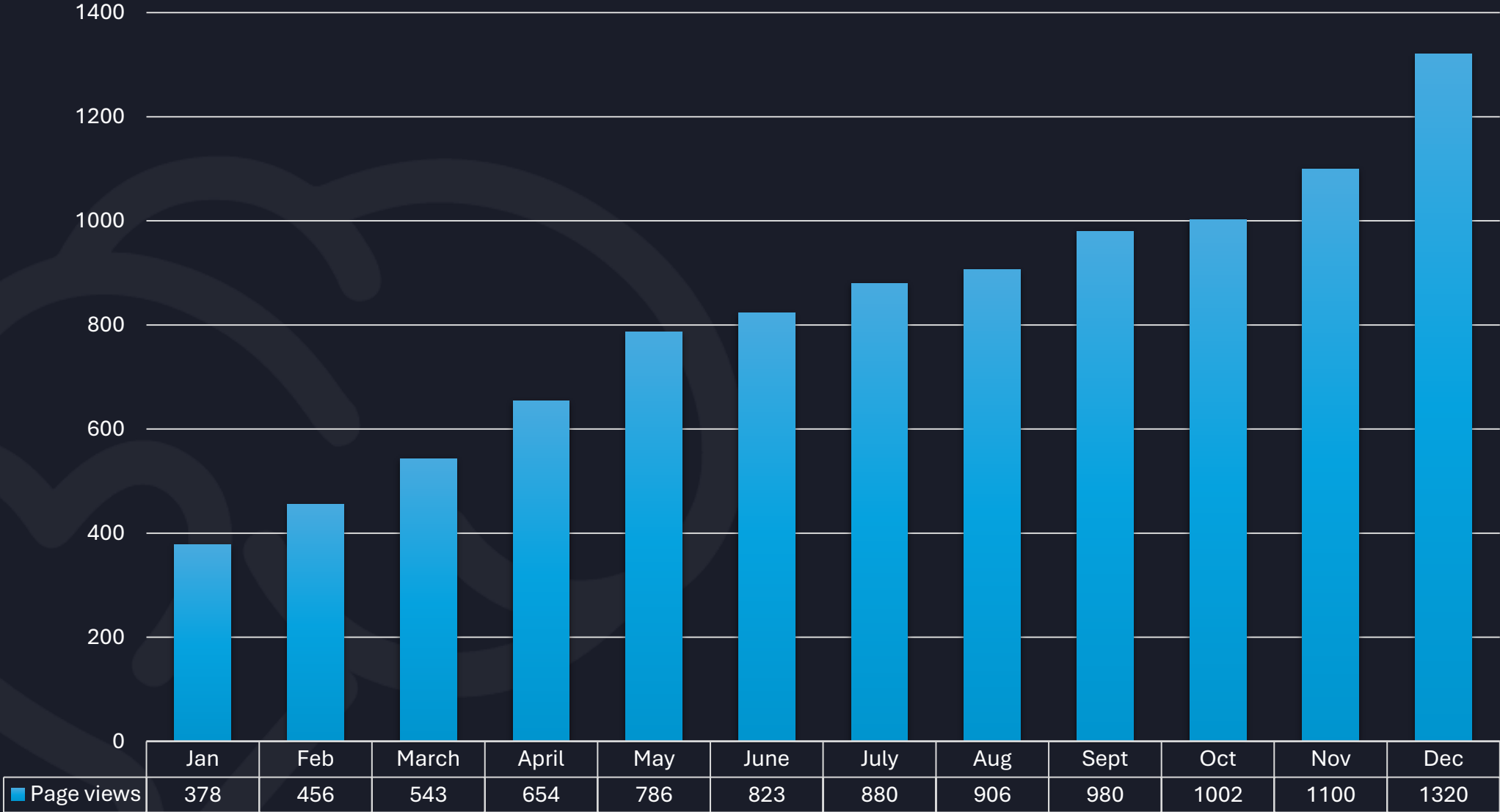
Most viewed topics

Month	Topic	Views
January 2025	Financial wellbeing	98
	Managing your stress	88
	Neurodiversity	65
December 2024	Imposter syndrome	102
	Listening skills	78
	Financial wellbeing	75
November 2024	Building resilience	105
	Menopause awareness	76
	Difficult conversations	55
October 2024	Introduction to wellbeing	120
	Mental health	98
	Managing your stress	44

Blogs added

Month	Blog
January 2025	Digital Detox: Finding Balance in a Hyper-Connected World
December 2024	How AI and Technology Are Changing the Mental Health Landscape
November 2024	Sleep and Mental Health: The Vicious Cycle and How to Break It
October 2024	The Link Between Financial Stress and Mental Health: How to Break the Cycle

Total Wellbeing Connect page views





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