



Mental wellness

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January 16, 2025

Positive thinking: How optimism can improve your health

Boost your physical and mental health with the power of optimism. Here's how to cultivate a positive outlook starting today.



December 20, 2024

5 ways to improve your mental health

Are you looking to protect your mental health? Try these 5 tips to help boost your mental wellness.



December 17, 2024

Your guide to a zen holiday season

Surviving the holiday season is a little like running a gauntlet. Between family commitments, last-minute shopping and the pressure to make every moment memorable, it's easy to get overwhelmed.



October 01, 2024

What you need to know before you see a therapist

Thinking of therapy? It could be the first step to improving your mental health. Here's what you need to know before booking that first appointment.



September 05, 2024

4 tips to help you stay healthy as you age

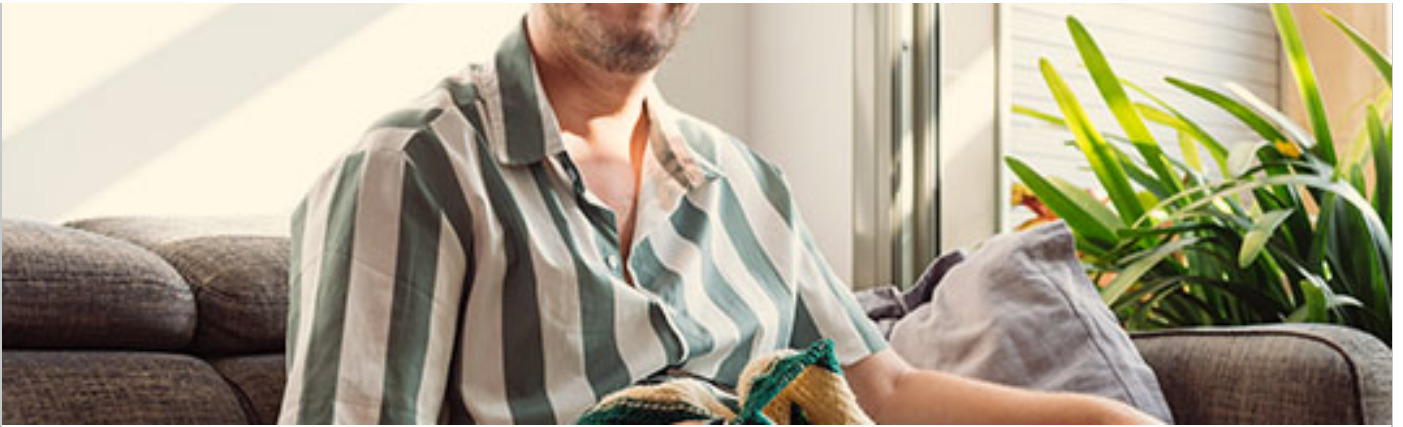
You can't control the fact of aging. But you can control how *well* you age. Find out what the research says, and what steps you can take.



August 26, 2024

How can we support men's mental health?

Standard-issue tough, proud, square-jawed males tend to duck questions about mental health. Yet many men suffer from psychological distress.



August 16, 2024

What does it mean to invest in yourself?

A psychologist shares 9 valuable ways you can invest in yourself so you can fulfill your goals and live a satisfying life.



July 30, 2024

How new moms can improve their mental health

Many new moms develop post-partum depression (PPD) and anxiety after bringing their baby home. Here's how to improve your mental health.



July 18, 2024

Thinking of taking a sabbatical? Here's what you need to know

Feeling like you need to take time off work to improve your mental health? A sabbatical might help. Here's what to consider before asking for one.

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Tools & calculator



Life expectancy calculator

Use this calculator to estimate how long you might live and to see what you can do to live a longer, healthier life – now and in retirement.

[Life expectancy calculator](#) >



Net worth calculator

Use this calculator to find out how your net worth – the difference between what you own (your assets) and what you owe (your liabilities) compares to other Canadians. Understanding that difference is a great way to help you plan for the future.

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Life’s brighter under the sun

We acknowledge that Sun Life operates in many Territories and Treaties across Canada. Our Canadian headquarters in Waterloo are on the traditional territory of the Anishnaabeg, Haudenosaunee Confederacy and the Mississaugas of the Credit First Nations.

Today, Canada is still the home to many Indigenous, First Nations, Inuit, and Metis peoples from all across Turtle Island. We are grateful to have the opportunity to work in this territory. We offer this acknowledgment as a stepping stone towards honouring the original occupants, as a testimony to the oppression faced by Indigenous peoples, and our commitment to Indigenous communities and employees of Sun Life.

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