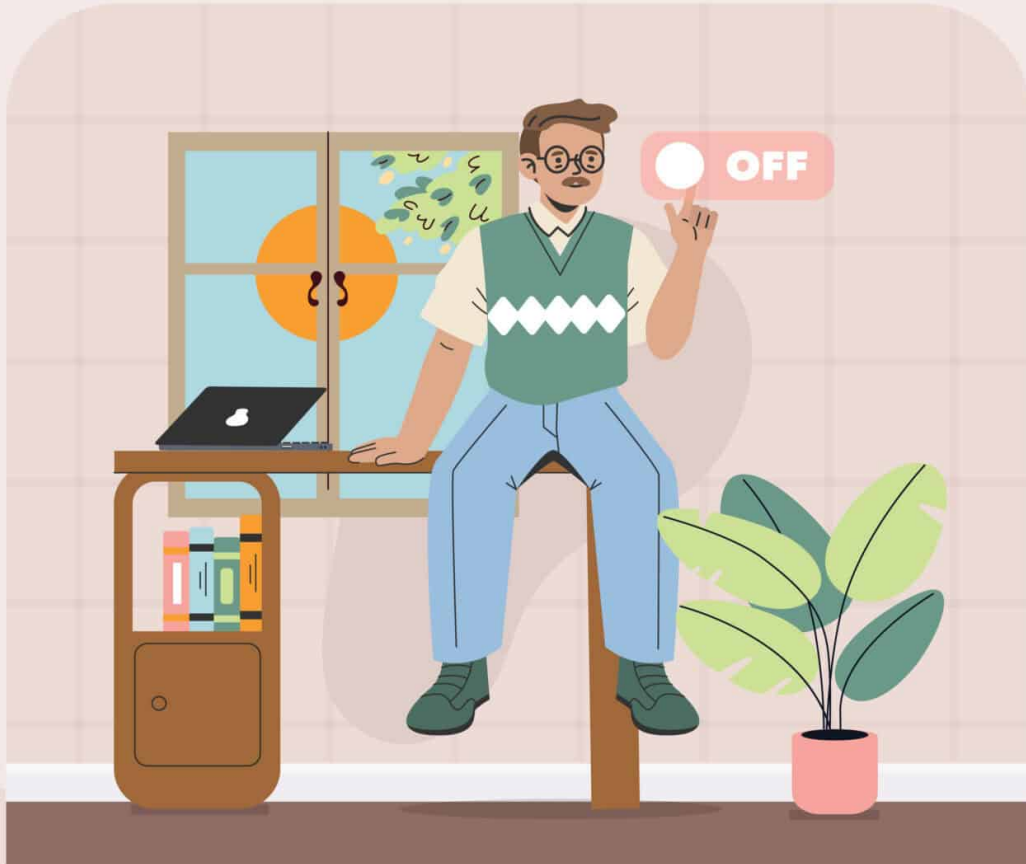


BALANCE

Set work-life boundaries



Knowing when to step back, protect your energy, make time for yourself and find peace of mind is essential for your wellbeing. When you have a healthy work-life balance, you can avoid burnout and thrive at work and at home.

Your program offers a variety of resources to help you prioritize self-care and communicate your needs, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets.

Start by visiting the web platform or mobile app.



**Download
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