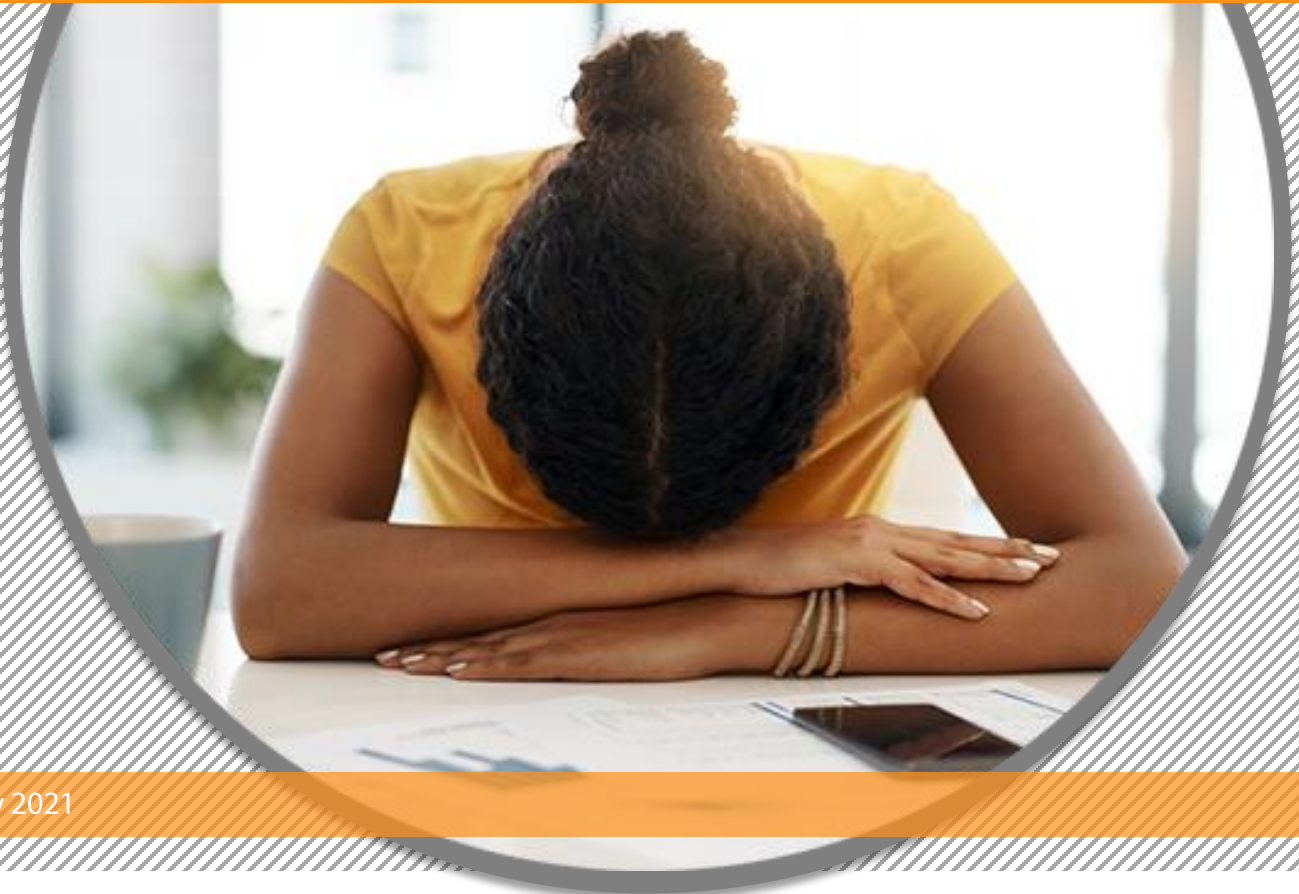


RECOGNIZING BURNOUT

Know the Effects and How to Prevent It



January 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Stressful circumstances may leave you feeling like you can't catch a break or catch up. This can be a warning sign of burnout. However, there are tools you can use to take action, recenter and regain your sense of balance.

SupportLinc provides confidential counseling, resources and referrals to help boost your emotional wellbeing and avoid burnout.

WEBINAR

Preventing Burnout
Available January 1, 2021
Located in the Monthly Feature Tile

Learn practical steps to take when life's challenges start to affect your emotional and physical health.



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EMPLOYEE ASSISTANCE PROGRAMS

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24 Hours a Day, 365 Days a Year

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