

Unplug To Recharge

HOW TO DISCONNECT

EMPLOYEE
SUPPORT
PROGRAM
JUL 2015



Technology has provided new ways to stay connected to friends, family, and the workplace. But some studies have shown that all this connectivity may lead to more stress and sleep disturbances and make it harder to connect with people outside of the virtual world. By giving ourselves a rest from technology, especially after work hours, we can better recharge our mental batteries. Your Employee Support Program can provide you with information and resources to help you unplug to recharge.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

WEBINAR

Information Overload

Jul 21st —12 pm, 2 pm ET

Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.

TOLL-FREE: **800-346-0110**

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