

RECOGNIZING BURNOUT

Know the Effects and How to Prevent



January 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

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

Halcyon EAP 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 if and when life's challenges start to affect your physical and emotional health.



PHONE

1-888-HAL-4800 (425-4800)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.halcyoneap.com

MOBILE

