

MARCH 2021



HelpNet webinar

STRESS RELIEF FOR CAREGIVERS

Taking care of others can take a major toll on your life, mood and health. Knowing how to focus on what you can control can help you better manage the strain of your heavy responsibilities. Learn a series of simple steps to reduce your stress and avoid burnout, including relaxation techniques, healthy sleeping habits, healthy coping skills and building a system of support.

AVAILABLE ON DEMAND STARTING MARCH 1

To access Continuum's HelpNet, visit 4continuum.com and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

Available when you need us, Continuum EAP is a free, confidential program to help you balance your work, family and personal life.