

# Unplug To Recharge

## HOW TO DISCONNECT

UW  
CARELINK  
PROGRAM  
JUL 2015



## WEBINAR

### Information Overload

July 21<sup>st</sup> – 12 pm, 2 pm ET  
9 am, 11 am PT

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

TOLL-FREE: **866-598-3978**  
WEBSITE: [www.apshelplink.com](http://www.apshelplink.com)  
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Pre-registration is required at least 1 hour before the presentation. Go to [apshelplink.com](http://apshelplink.com) and visit the Online Seminars section. Select the presentation and then register by clicking on one of the session options.

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 Assistance Program can provide you with information and resources to help you unplug to recharge.

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

 APS Healthcare