

# Unplug To Recharge

## HOW TO DISCONNECT

EMPLOYEE  
SUPPORT  
PROGRAM  
JUL 2015



By giving ourselves a rest from technology, we can better recharge our mental batteries and reconnect with what we care about.

Your **LifeScope FSAP** can help with:

- Articles and tip sheets on managing technology usage, connecting with friends and family, and mindfulness
- Audio on daily relaxation tools
- Video on meditation
- Information on community recreation and volunteering
- 24/7 access to confidential counseling to support efforts to improve 'technology-life' balance

## WEBINAR

### Information Overload

**Jul 21st —12 pm & 2 pm ET**

This free webinar will review practical tips for managing your devices and “apps” to help eliminate distraction and create more focus in your personal and professional life.

TOLL-FREE: **800-828-6025**

WEBSITE:

[www.LifeScopeEAP.com](http://www.LifeScopeEAP.com)

USERNAME: **brown**

PASSWORD: **quest**

\*The webinar will be archived for viewing on the website 7-10 days after the live presentation.

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