

Appendix C

FW: February 2023 Life Lines



Purinton, Rosanne (ASD-W)

To

This message was sent with High importance.



February 2023 Life Lines

Burnout: What is it and How to Cope

Homewood Health™ EFAP is pleased to release the Life Lines article for February 2023, "Burnout: What is it and How to Cope".

This article is intended to support your wellness programming by providing employees and their family members with useful information and tips. Suggested distribution mechanisms include posting it on your intranet site, printing hard copies to be placed in high traffic areas such as staff lounges and lunchrooms, making it available in Human Resources and occupational health centres, mass email distribution, or including within your company communications.

