

# From Tired to Inspired: Keeping Engaged and Preventing Burnout

## ONLINE SEMINAR

Be proactive to limit feelings of being overwhelmed

Learn how to prevent burnout and maintain engagement in your work and personal life.

## LET US HELP

Visit your home page starting March 17<sup>th</sup>

**TOLL-FREE:** 1-800-542-0184

**WEBSITE:** [www.preferredbehavioral.org](http://www.preferredbehavioral.org)

**USERNAME:** ET21

**PASSWORD:** ET1

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MARCH 2022



**YOUR EMPLOYEE SUPPORT PROGRAM**

