

## Don't let work and life drain you – learn to recharge

When we feel overloaded, our tendency is to *do just one more thing* or *push through*. Managing this way actually depletes our energy and reduces our focus and productivity. This means we have to work harder and longer to get the same results we'd achieve if we took time to recharge.

**Join us for *Don't let work and life drain you – learn to recharge* – a live, interactive event on Wednesday, May 4, 2022, in recognition of Mental Health Week.**

Mary Ann Baynton, Director of Collaboration and Strategy with Workplace Strategies for Mental Health, and Organizational Health Consultants on Canada Life's Well-being team will share tips and insights as we:

- Explore strategies and resources to recharge and find balance
- Brainstorm specific actions that could prevent or reduce workload stress
- Prepare to talk about workload management with leaders or teams
- Explore a variety of activities to help us relax, calm our minds and energize us

Invite your colleagues, friends and family to join you on Wednesday, May 4 at 1 p.m. ET. It may be the most informative and inspiring 45 minutes of your day! There's no registration required – just click on the [event link](#) a bit before the start time.

Note: This is a Microsoft Teams Live event. Make sure you've downloaded the [Microsoft Teams app](#) before the webinar.

For French interpretation, please mute your computer audio and call: 1 226-213-5632 (London, Ontario)

[Find local number.](#)

Phone conference ID: 751 106 57#

**[Add this event in your calendar](#) so you don't miss it!**