

life

less complicated

July



Free Your Mind



When the mind is constantly multi-tasking, it often leads to stress, irritability and—in the long-run—burnout. Make time to calm your thoughts and soothe your mind, even if only for 10 minutes. Count on your work-life service for resources and referrals aimed to unclutter your mind, so that you can practice living a *life less complicated!*

For assistance any time, call 866-248-4532, or log onto www.montana.edu/wellness.com and click on TLC.