

Living room



Webinar: November 17, 2009
1 to 2 pm and 3 to 4 pm Eastern

Creating a More Resilient You

Learn to develop strategies for remaining resilient and healthy amidst the relentless demands of work, unending personal responsibilities, and unexpected setbacks. Meet roadblocks head on with a positive “can do” attitude.

You can register via your EAP/Work-Life Website.



Revive. Refresh. Relax.

November 09

Project deadlines. Family responsibilities. Ringing telephones and full inboxes. When is the last time you took time to recharge your batteries? Maybe it's a trip to an island, a night out, or a few minutes of brief meditation at your desk. Taking time away from your constant duties can actually help you to be more productive. Visit your EAP/Work-Life Website to find helpful articles and other resources to help you plan for your getaway.

Let a work-life specialist assist you with resources and information to help you take a break from your fast-paced life. Call toll-free to get started.



Log on to: www.montana.edu/wellness

Call: 866-248-4532