



BALANCE

Set work-life boundaries

Knowing when to step back, protect your energy, make time for yourself and find peace of mind is essential for your wellbeing. When you have a healthy work-life balance, you can avoid burnout and thrive at work and at home.

Visit the web platform or mobile app to start prioritizing self-care and better communicate your needs.



Take the next step in your wellbeing journey

mysupportlinc.com

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