



Magellan
HEALTHCARE®

Overcome exhaustion and burnout

Stress is a part of life, but too much is damaging



It helps if you can become aware of when a state of burnout is developing, and respond in healthy ways. Register for this webinar to:

- Recognize the debilitating symptoms of burnout.
- Examine what can cause feelings of fatigue and burnout.
- Identify practices to help restore your emotional health and wellbeing.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit MagellanAscend.com (use Principal Core) for helpful resources.