



Member Pulse

Digest

JUNE 1, 2015

MHN Member Pulse Updates

It can be challenging at times to balance the demands of work and life. We may feel the need to do more in less time at work – or to be available at all times in today's connected world.

We may also feel pressure to shine in all the other areas of our life – as a parent, as a spouse or partner, as a friend. These demands can make us feel burned out, stressed, unproductive, and unwell.

This month's *Member Pulse* digest features tips for finding the work-life balance that's best for you. Just click on the titles below to go directly to the articles.

- **[Work-life balance: tips to reclaim control](#)**
Do you feel overwhelmed when you think of your to-do list at work? Do you often work long hours or work on your days off? Juggling work and life demands isn't easy, but these tips can help you keep a healthier balance.
- **[Stress relief: when and how to say no](#)**
At some point, most of us have said "yes" to taking on a task that we simply didn't have time to do. It's harder to say "no," but doing so can be much better for our stress level. Read more for tips on why, when and how to say "no."
- **[Job burnout: how to spot it and take action](#)**
Are you irritable around your co-workers or clients? Feeling cynical or critical at work? Suffering from unexplained backaches or headaches or a lack of energy? You could be experiencing job burnout. Job burnout can hurt your health, career and relationships. Find out if you're at risk of burnout and what to do if you are experiencing it.
- **[Your EAP: daily living services](#)**
Not enough hours in the day to finish everything on your "to-do" list? Your EAP can help you find the right business or service to meet your needs – from a pet-friendly hotel for your next trip to a reliable plumber. Services we can find for you include:
 - Hotel accommodations
 - Repair and maintenance for your home or car
 - Transportation services
 - Pet services
 - Relocation assistance

Getting help is easy – Just call your EAP.

(MHN does not cover the cost or contract for services on your behalf. Also, we do not guarantee the quality or delivery of vendors' services.)

Don't forget to save [MHN Member Pulse](#) to your list of favorite websites! Also, check out [MHN's member website](#) for all sorts of valuable tools and content just for EAP members.

To access MHN's member website, you will need your company code. You can obtain this by contacting MHN at (800) 646-9923 or membersupport@mhn.com.

We speak your language!

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¡Hablamos su idioma!

Si desea ayuda, llame a nuestro número telefónico gratuito. Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas.

我們使用中文!

撥打我們的免付費電話以取得協助。打電話給MHN時，我們可提供170多種語言的傳譯服務。

Please note that the characters above may not display correctly if the Chinese simplified language pack has not been installed on your computer.

Not yet registered for your EAP member website? No problem! [Log in/Register](#)

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