

heartbeat

April 2020 Newsletter



COVID-19

Access COVID-19 resources at workhealthlife.com or login.lifeworks.com

Striking a Balance

We all have demands on our time and attention, and life can be stressful at times. Striking a balance between your work and home life is achievable if you have the right tools to help you organize, plan, and prioritize your day.

Life



Assertiveness Is the Key to Work-Life Balance

Creating a healthy balance between the demands on your life in and out of the office means setting clear boundaries, and that usually requires assertive behaviour.

[Read More](#)

Life

Creating an Action Plan to Achieve Balance

Regain control and achieve genuine long-term balance in your life with a realistic plan to help meet work, family, and leisure priorities.

[Read More](#)



People Leader's Corner



Supporting a Culture of Work-Life Balance

You've made the effort to build a great team around you, invest in their well-being.

[Read More](#)

Workplace Learning Solutions

Eating Well to Optimize Performance

Learn to strike a balance with healthy eating to boost energy, concentration, and productivity.

[Read more](#)



Reccomended for you



April 2020 Video

Making the Most of Your Leisure Time

[Click here](#)

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895 Don Mills Road, Tower One, Suite 700
Toronto, ON M3C 1W3

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