



Here4TN Leader's Monthly

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Help keep employees engaged with life balance

Through Here4TN, you've got a lot of tools and resources to help you lead your team. And that includes training programs that inspire you and your employees to do your best work. To help you learn how to help your employees manage stress and achieve better life balance, consider this training:

Maintaining Balance in Life (1.5 hours)

A life that's out-of-balance can cause high levels of stress. Participants will have an opportunity to complete the Optum™ Lifescale® Survey and learn methods of using available resources to meet their individual needs. And they'll learn stress management techniques and take home a variety of tools for addressing stress.

Participants will:

- Examine personal values and choices
- Assess current state of balance and stress
- Identify resources that can be used to meet needs
- Learn skills to effectively manage multiple demands
- Explore ways to better balance the conflicting demands of life

Register today

Call 855-Here4TN (855-437-3486) for more information or [go here](#) to complete a training request form and get started today.

Ready to make your habits healthier?

As a supervisor, you know it's important to set and meet goals at work. The same goes for your health.

If you've decided to change a habit, whether it's quitting smoking, lowering your blood pressure, becoming more active or doing something else to improve your health, congrats to you! Making that decision is the first step toward making a lasting change. Ready to learn more — and start on a healthier path?

Visit the [Here4TN Time Management center](#) and select "Change a Habit by Setting Goals" for a step-by-step guide.