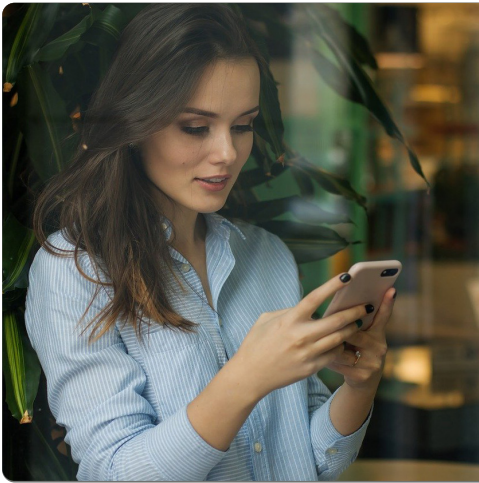




March 2020

Make Every Moment Matter

# New Content Announcement



## Monthly Blog:

### 7 Ways to Stop Reactivity and Create More Enjoyment with Social Media Use

There's a lot about social media you can't control, from what people post to which friends come up in your feed to who engages with your post. However, you can control how you interact with social media. For example, if it consumes more of your time or energy than you want it to, you can set clearer boundaries. Take back your power by using social media in a way that truly energizes you.

[Click To Read >>](#)



## Avoiding Burnout (5 episodes)

### Description:

Burnout leaves us feeling physically and emotionally depleted, disconnected, and unable to bring our best to our jobs or our families. It affects every area of our lives. We can help prevent and overcome burnout by learning to better manage stress.

[Click To View On-Demand](#)

### Episodes:

- Recognizing Burnout
- Stepping Back, Building Awareness
- Checking in With Yourself
- Practicing Self-Compassion
- Self Care - Rest, Renewal, and Supportive Relationships