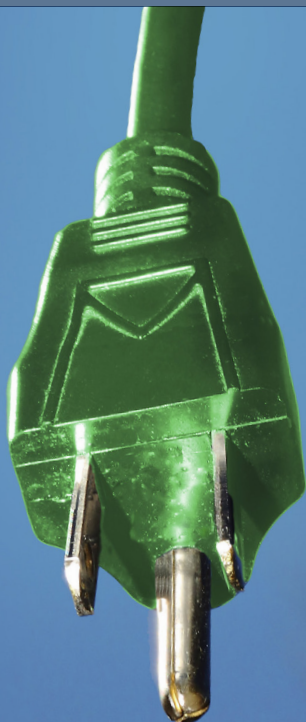


## JULY: UNPLUG TO RECHARGE

How to Disconnect



### MONTHLY WEBINAR

#### Information Overload

Thursday, July 16, 2015

**2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.**

Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.

#### BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

### RESOURCES: CONSULTANTS AND WEBSITE

Technology has provided new ways to stay connected to friends, family, and the workplace. But some studies have shown that all this connectivity may lead to more stress and sleep disturbances and make it harder to connect with people outside of the virtual world. By giving ourselves a rest from technology, especially after work hours, we can better recharge our mental batteries. Your NYS-Balance program can provide you with information and resources to help you unplug to recharge.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit [www.worklife.ny.gov](http://www.worklife.ny.gov).

Andrew M. Cuomo, Governor,  
State of New York

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