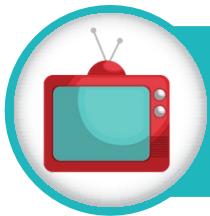


Turn OFF & Tune IN!

Self Care. Self L♥ve.

“

Sometimes you gotta take a break from all the noise to appreciate the beauty of silence. ~Robert Tew



SCREEN TIME

The average adult spends as much as 12 hours a day in front of TV and computer screens.



LIFESTYLE

Too much time on laptops and phones encourages a sedentary lifestyle.



ZzzZzZs

Spending too much time looking at a digital screen can disrupt your brain's sleep cycles.



RELATIONSHIPS

Technology may impair parts of the brain responsible for compassion & empathy.

6 Reasons Turning OFF & Tuning IN helps (Click a ♥ to learn more!)



Increased happiness



Helps us relearn simple pleasures



Refocus on the mind/body



More space for gratitude



Encourages deeper connections



Access to our best selves

Ulliance offers free, confidential support, including counseling, coaching, crisis management, and many resources to address stress and anxiety. The goal of the Life Advisor EAP is to help individuals achieve a healthy work-life balance.

For more tips on minding your mental health you can access our webinar library here <http://bit.ly/Ulliance-Webinars> or logon to <http://LifeAdvisor.com/> for other helpful Resources or CALL US ► 800.448.8326!

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