

MIIA EAP Professional Development Training



Date:

Thursday, August 26, 2021

Time:

10:00am

Presenter:

Daphney Valcinor, MHC, MFT

To Register, click on below link:

<https://attendee.gotowebinar.com/register/7767642145603747340>

Digital Overload Dilemma

Our laptops, tablets and phones have given us the freedom to work anywhere, anytime. However, this technology has also blurred the boundaries between our work and personal lives. While we are no longer chained to our desk, we are more closely tethered to our work than ever before. Additionally, we spend hours each day on our devices for personal communication, entertainment, education, research, shopping and much more. This time interfacing with a device has a direct impact on our ability to relax, sleep and relate to friends, family, and community. Attend this session to examine the effects of our digital overload, learn how to create boundaries and limits, and explore strategies for better technology and stress management.



Presented by your Employee Assistance Program AllOne Health **1.800.451.1834**