

THE PULSE

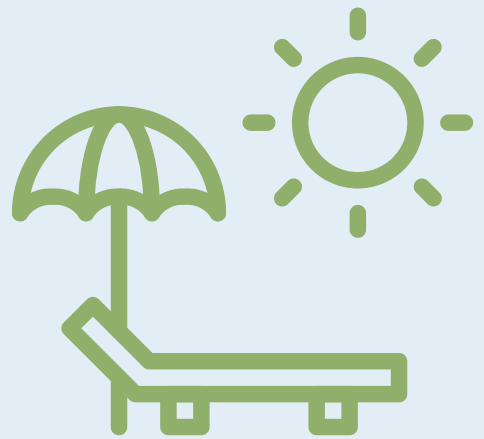
WELLBEING NEWS IN A MINUTE

THIS MONTH'S FOCUS:

WORK LIFE BALANCE



USE YOUR PTO, PLEASE



Your PTO is there for a reason - it combats burnout, increases productivity, and boosts morale. Take your summer vacation.

READS & SOUNDBITES



Reads:

- A Deadly Inside Scoop by Abby Collette

Soundbites:

- Play your favorite playlist and enjoy!

GETAWAY FOR YOUR HEALTH

Not taking advantage of your PTO puts your health at risk. Choosing to not take a vacation can increase risks such as stroke, obesity, insomnia and depression.

Check out the full read:

[The Financial Costs of Not Using Your Vacation Days.](#)

