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## How to be more productive with less stress

1 message

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# life Happens HEADLINES

APRIL 2023 | EMPLOYEE EDITION



## Don't Dread the Ebb

*Your productivity ebbs and flows. Find your flow by embracing the ebb.*

The popular ‘hustle culture’ trend glorifies working around the clock, sacrificing personal time and well-being to achieve goals. It’s fueled by the belief that hard work alone is the key to success, and individuals should push themselves to grind harder and longer than anyone else. This constant call to “rise and grind” may leave you feeling like you’re already behind on work before the weekend even ends.

As it turns out, the method and mindset behind hustle culture are counterproductive to achieving success. It contributes to burnout, mental health problems, and as a result- lowered productivity and happiness. There’s a much more effective way to tap into your productive flow, begin Mondays with less stress, and build momentum throughout the week.

### Don't Dread the Ebb



### ¿hablas español?

Do you speak Spanish or have Spanish-speaking colleagues? You can read EFR's blog in español! Just click the 'EN' dropdown in the upper right of the website menu and switch to 'ES'.

¿Hablas español o tienes colegas que hablan español? ¡Puedes leer el blog de EFR en español! Simplemente haga clic en el menú desplegable 'EN' en la esquina superior derecha del menú del sitio web y cambie a 'ES'.



## Commit to Saving

Being responsible with your money provides you with the security to weather unplanned expenses, freedom to pursue opportunities, and the chance plan for your future with less stress. Use April's Monthly Motivator to focus on your financial well-being and track your progress!



Focus on your financial well-being by committing to at least three activities from the list below.

- Listen to the Emotion Well podcast to explore financial freedom
- Adjust your thermostat back 7-10 degrees from its normal setting when you are away from home
- Check your credit score
- Explore your financial consulting benefit
- File your taxes



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Download the  
AprilMonthly  
Motivator

## We're Here to Help

### Put Your EAP to Work

*Life happens*, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

**It's free, confidential, and available 24/7.** Connect with us by calling **800-327-4692** or explore your benefits at [efr.org/how-we-help/work](https://efr.org/how-we-help/work)

### Explore Your Benefits



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.



**EMOTION WELL**  
PODCAST

### From Reactive to Proactive: Supporting Children and Families

To recognize Child Abuse Prevention month we hear from Greg Bellville and

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

### Explore Webinars

Abby Patterson from Prevent Child Abuse Iowa. They share the importance of shifting the focus towards proactive and preventative measures to protect children, such as identifying and supporting families in need of assistance instead of the reactive way the system is set up to report, observe, and remove children from their families. In addition, hear how Prevent Child Abuse Iowa supports families and how you can become a member of their Imperfect Parent Club!

### Listen to the conversation



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