

District Digest for Employers

Hello Benefit Administrator! Below you'll find information about your wellness toolkit and emails we're sending your employees this month.

Wellness Toolkit

Daily life throws a lot our way. Juggling work, friends and family isn't easy. We all need time to care for ourselves. Your wellness toolkit includes resources to help participants care for their mental health.

[Get the Toolkit](#)

Understanding Burnout Wellness Webinar

Help your employees dive deeper into wellness with webinars created just for them!

Wednesday, April 29

8 - 8:45 a.m.

Noon - 12:45 p.m.

This presentation covers:

- understanding burnout
- symptoms
- causes and risk factors
- preventing burnout

[Register Today!](#)

Employee Emails this Month

Mental Health

Healing takes time. Asking for help is a BIG step. This email covers how easy it is to find a therapist with TRS-ActiveCare, taking advantage of virtual mental health care and wellness resources participants can use to get relief from stress, anxiety, depression, substance use and more.

www.bcbstx.com/trsactivecareba



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