

# heartbeat

March 2021 Newsletter



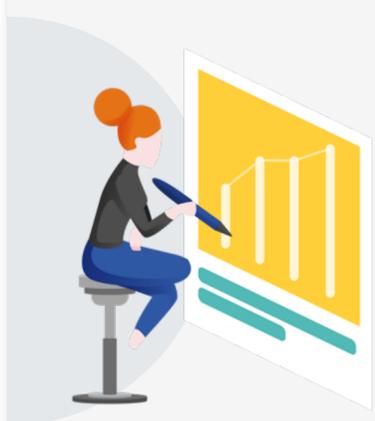
## Helpful Resources

Check out [Workplace Learning Solutions](#) to help support you with training during the COVID-19 pandemic.

## Working Flexibly: Work, Life, and Productivity When Working Remotely

Whether you're working from home full-time or you're going into your workplace a few days a week, it's important to work in a way that promotes health and wellbeing. This month, we'll show you how to manage your time, avoid work stress, escape productivity traps, and create an ergonomic work environment to promote your physical health.

### Work



#### Making the Most of Your Workday (Infographic)

Most of us could use some help maximizing our time at work. Read on to learn how.

[Read More](#)

### Work

#### Tips for Maintaining Physical Health at Work

Creating a safe and healthy work environment can help you prevent injury and illness.

[Read More](#)



### People Leader's Corner



#### Multitasking Managers: Setting the Right Example

Being an effective manager means working smarter while inspiring your team to do the same.

[Read more](#)

### Recommended for you

#### Video

How to Work Remotely With Kids

[Click here](#)



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