

heartbeat

May 2021 Newsletter



Helpful Resources

For Mental Health Week this May, discover our new microsite — **Building Your Self-Care Toolkit**. Visit the microsite [here](#) on May 3!

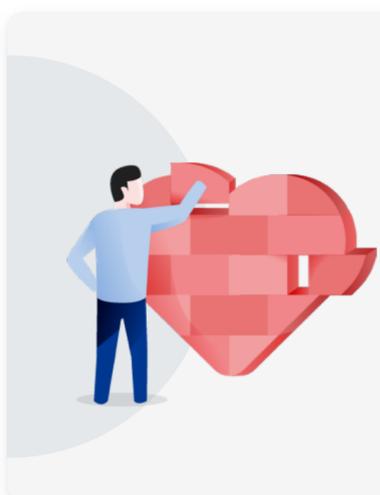
Join the [Heartbeat Webinar Series](#) for May's topic — [Mental Health Trends During the COVID-19 Pandemic](#), Wednesday, May 12, 2:00 pm EDT. Also available to view anytime beginning on May 13.

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

Mastering Guilt-Free Self-Care

Self-care is not selfish; it is essential. When you take care of yourself, you build your mental resilience and strengthen your ability to support those who depend on you. Let us help you find more ways to fit self-care into your busy life — and feel good about taking the time you need for you.

Life



Understanding and Avoiding Burnout

Read on for tips to help you develop coping strategies for periods when stress overload seems unavoidable.

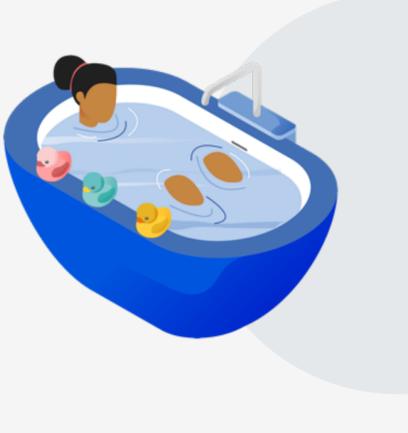
[Read More](#)

Life

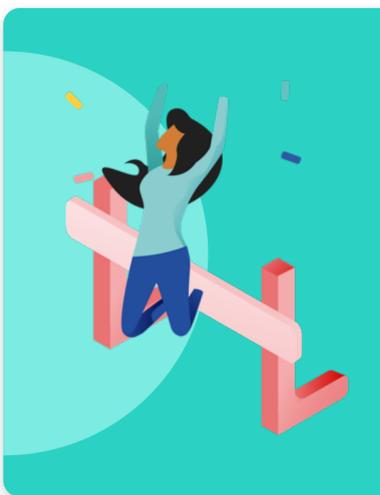
The Importance of Self-Care (Infographic)

Put yourself first and prioritize your physical, mental and emotional wellbeing.

[Read More](#)



People Leader's Corner



Building Your Personal Resilience as a Manager

Learn efficient ways to stay focused and productive and to thrive through change.

[Read more](#)

Recommended for you

Video

Self-Care Means Reaching Out for Support

[Click here](#)



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895 Don Mills Road, Tower One, Suite 700
Toronto, ON M3C 1W3

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