



Is your screen time helping you... or hurting you?

Too much screen time—even when you're just trying to unwind—can quietly add to stress, low mood, restless thoughts and poor sleep.

If it's starting to affect how you feel, your Employee Assistance Program (EAP) can help you build healthier habits and emotional balance.

**Access your
Employee Assistance
Program today.**

Manitoba Blue Cross Employee Assistance Centre

Winnipeg
599 Empress Street
P: 204.786.8880
TF: 1.800.590.5553

Thompson
40 Moak Crescent, Unit 1
P: 204.775.0151
TF: 1.888.596.1032

mb.bluecross.ca



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be resilient.