



R3 CONTINUUM

## I'm Still Standing: Skills to Manage Your Stress and Burnout

**Tuesday, September 28, 2021, 1 PM ET (12 PM CT)**

**Join R3 Continuum, a Beacon Health Options partner, for a timely webinar featuring speaker Jeff Gorter, Vice President of Crisis Response Clinical Services at R3 Continuum.**

Over the last 18+ months, employees have faced unprecedented challenges resulting in a significant impact on the mental health of many of us. We've all felt stress throughout this pandemic, an understandable dynamic that's showing up inside the workplace as well as outside of the workplace. Many employees are feeling the strain from an increased or fluctuating workload, while continuing to juggle issues around parenting, elder care, ongoing health concerns, social/friend networks and more – a recipe for burnout.

In this 30-minute webinar, R3 Continuum's Vice President of Crisis Response Clinical Services, Jeff Gorter, MSW, LMSW, will offer expert insight and advice to help employees who are dealing with stress and burnout. We'll examine best practice tips to help understand the impacts of prolonged stress, as well as provide resources that can help to re-engage with resolve and purpose.

[REGISTER NOW](#)

*\*Registration is on a first come, first served basis*

[Managers: Join us for a webinar!](#)

