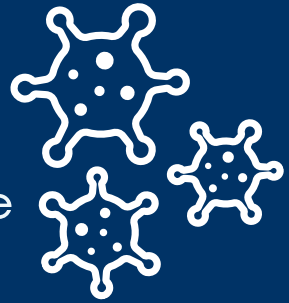


BEATING COVID-19 FATIGUE

Avoiding Burnout and
Achieving Work-Life Balance
in a Virtual Workplace



JOIN US ONLINE

The **Department of Financial Regulation** is hosting a webinar on **Wednesday, December 16, 3:00 pm to 4:15 pm** to discuss strategies for preventing burnout and achieving work-life balance.

No need to register, simply [click here](#) to join.



Dr. Drew Anderson, associate professor of psychology at University of Albany and Sarah Cioffi, K-12 Academic Administrator, Shenendehowa Central School District, Clifton Park, NY will present and take questions from the audience.

From extra stress to remote working challenges, those working in financial services have had a lot on their plate during the COVID-19 pandemic. And it's taking a toll on mental and physical health.

New research shows nearly 75% of employees say the pandemic has had a negative impact on their well-being. More than one-third also say they feel depressed, frustrated or angry more often, are exercising less and are not eating well.