

FEBRUARY 2026



The Role of Hobbies in Work-Life Balance

Available on Demand Starting Feb 17

Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life. Learn strategies to make time for activities that recharge your energy and creativity.

LET US HELP

Visit your home page starting February 17th

WEBSITE:

<https://helpwherewyouare.com/CompanyLogin/1515/mercy>

USERNAME: MSU

PASSWORD: MSU

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.



PODCAST