



Momentum



Join our live webinar, *Understanding Burnout: Causes and Solutions*, on Wednesday, May 13, 2026, at 2:00 p.m. EST. Learn how to break the burnout cycle, build resilience and create a personal action plan. Scan the QR code to [register now](#).

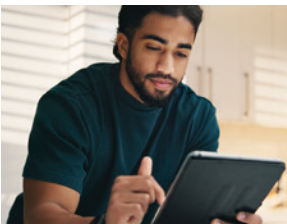
Beat burnout and reclaim your energy

Burnout sneaks up on you, gradually building amid endless deadlines, constant connectivity and the pressure to always do more. Despite sleeping, you may feel exhausted, disconnected from work or simply like you're running on empty.

Tips for keeping burnout at bay:

- **Set boundaries:** Protect your personal time as fiercely as your meeting schedule. Silence notifications after hours and say no to non-essential tasks.
- **Prioritize rest:** Take intentional time-outs. Eat lunch away from your desk, take vacation days and add short pauses into your workday.
- **Ask for help:** If burnout persists, talk to your manager, colleagues or call your program's toll-free number.
- **Reconnect with purpose:** Remember what matters. Celebrate small wins and, when you can, focus on tasks that energize you.

Beating burnout is about working sustainably and protecting your energy. Start small, be consistent and remember that you can't pour from an empty cup.



Member website

Learn about your program services and benefits, explore our library of articles, videos and webinars and get on-the-spot support via live chat. Find resources for family, finances, legal issues, mental health, physical wellbeing and more, all in one place. Visit today to get started!

Contact your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711) or go online to www.inova.org/eap for confidential, no cost help available 24/7/365 for you and your household members.

Mind Your Mental Health

May is Mental Health Awareness Month

Mental health challenges touch nearly every family, friendship, neighborhood and workplace, yet silence often surrounds them. This month, we're reminded that healing happens in community. Every conversation chips away at stigma, creates space to seek support and shifts our culture toward greater understanding and compassion.

- **Recovery is real:** With proper treatment, such as therapy, medication, support groups or a combination, millions of people manage mental health conditions while leading fulfilling lives.
- **Your story matters:** Speaking openly about our mental health journey normalizes these experiences and shows others that they aren't alone and that asking for help is a sign of strength.
- **Connection counts:** Small acts create ripples of positive change. Check in on someone, listen without judgment or share resources.

Visit the Mind Your Mental Health page on your [member website](#) or call your program for confidential mental health resources.

Working on career wellbeing

Feeling healthy, motivated and fulfilled in your work is a vital component of your overall wellbeing.

- **Focus on learning and skill development** rather than flawless performance.
- **Reflect on how your work helps others** or furthers a larger mission. A sense of purpose and value fuels motivation and pride.
- **Use mindfulness, movement or brief resets** during the day to prevent chronic overload.
- **Check in with yourself** and ask: Am I energized or drained? What needs to change? Adjust workload or priorities accordingly.

Financial wellbeing webinars

Mastering Mid-Career Finances

May 12. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

Mid-career professionals are generally defined as individuals in their 30s to 50s who are navigating significant financial milestones and challenges. Learn how to manage the threats to long-term security while striking a balance between spending and saving. Key topics include family obligations, estate planning, and retirement planning. We'll touch on understanding risk tolerance and making informed investment decisions that align with individual financial goals. Additionally, we'll address dealing with transitions and unexpected life events.

MSA Insights

May 28. Register here: [12:00 p.m. EST](#) | [3:00 p.m. EST](#)

Master your money with MSA Insights! Join this event to stay ahead of market trends, learn from our expert Money Coaches and adopt strategies that help you boost your financial wellbeing and overall peace of mind. Ready to build the financial future you've always wanted?