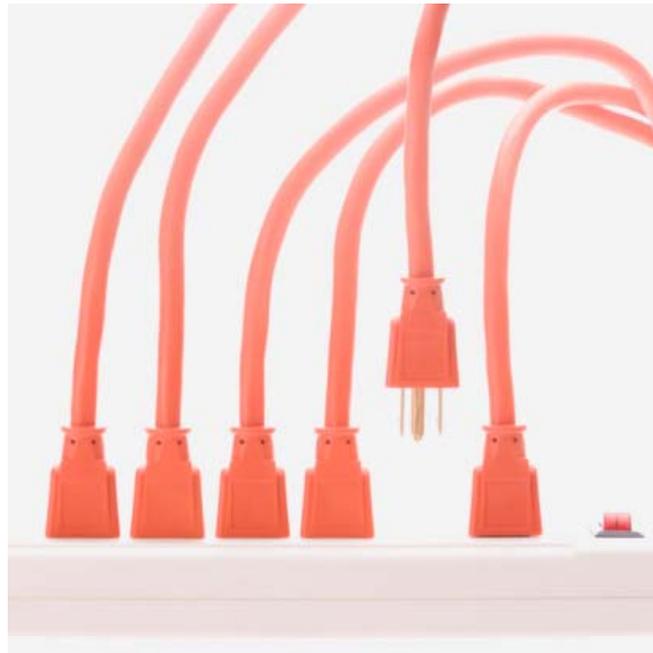


## OPTIMA EAP THOUGHT OF THE WEEK - 05/02/11

There is a new trend where people are choosing to take time away from technology, also referred to as a “technical sabbatical,” in order to restore some balance and perspective in their lives. The extent and degree of the sabbaticals have varied, but the common-thread is the recognition that a break was very much needed, and that it did serve to restore and renew.

We are certainly living in a technology-driven world and spending a great deal of time staring at screens loaded with mind-blowing amounts of information. Is it any wonder that we are feeling a bit worn out and overloaded?

Technology certainly has its benefits and provides us with vast amounts of entertainment, information, and connection, but could we also benefit from being more selective about how we spend our time? Could a “technical sabbatical” help refresh and restore some balance in your life?



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

**Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777**

Visit our EAP website at <http://www.ilab.org/hr/sentaraeap.html> for additional topics & information