



## Mental Health In The Workplace

### A Message from Jackie Lanum Account Manager



The Covid-19 pandemic has had an immense impact on the workplace. Not only has it resulted in changes to how we work, but it has also highlighted the importance of mental health.

Mental Health is essential to the overall well-being of employees in the workplace. It can affect their ability to work, the quality of their work, and how well they work with others. Without proper mental health management, employees can suffer from depression, anxiety, stress, and burnout, which can have a negative impact on their productivity and morale.

As an Account Manager, it is my duty to give a variety of options to our clients so they can offer support to their employees that would best suit their needs. These options would include mental health resources, Employee Assistance Programs, and guidance on how to utilize their current healthcare plans to the fullest.

It is essential for employers to understand the importance of mental health in the workplace. You can keep your workforce happy, healthy, and thriving by providing mental health support.

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## INDUSTRY NEWS

More Employers Expand Mental



# Friends of Infinity



Infinity would like to take the opportunity to highlight the strong professional relationships our team shares with our clients. Every month, across our social media platforms, Infinity will spotlight a "Friend of Infinity." This post will feature someone within your team who holds a positive, long-standing partnership with our Infinity team. This post will provide our audience with a brief message including; your company/organization, your company/organization's specialization/mission, the role of the team member we are highlighting within your company/organization, and the history of the team member's relationship with Infinity.

If you or someone on your team is interested in participating in "Friends of Infinity," please complete [this brief form](#). After completion, our Marketing Coordinator, Madeline, will connect with the contact provided to discuss the contents of the post.

## Did you miss last month's Benefits Bulletin?



**CLICK HERE TO READ THE JUNE ISSUE**

### Building a Strong Financial Foundation

A Message from Doug Bahr  
Director of Retirement Planning



- Just like building a house, building a diversified investment strategy requires a solid foundation. As a business financial professional, know and like the plan! We identified six vital strategies to build investment strategy that stands the test of time.
- 1) Develop a budget: Understand your own flow
    - Know your net worth
    - Pay with cash/credit card - only use a credit card if you consistently pay off the balance every month
    - Make high-income professionals (married and file separate returns) of income 20% (2019/2020) 25% (2021) of your income dependent on the number of dependents
  - 2) Set Goals: Develop a saving and investment plan
    - Identify an emergency fund in 3-6 months' worth of expenses - it should be enough to cover 6-12 months of expenses
    - Invest and save for short and mid-term needs



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