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Welcome to the newest issue of the Cedars CanSupport Information Bulletin

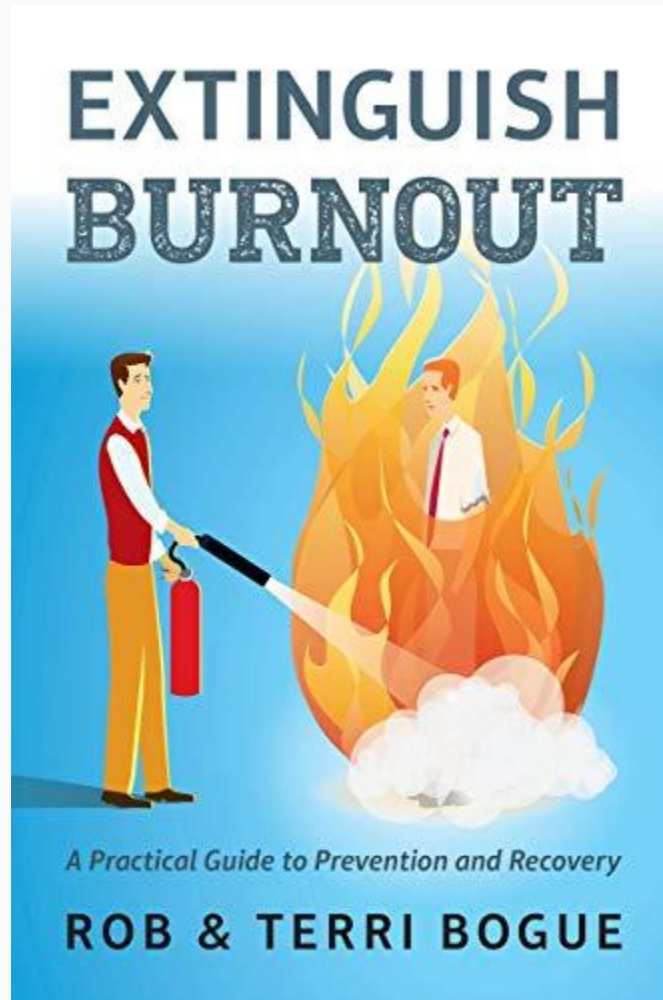
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What's New?

Book Suggestion of the Week

Extinguish Burnout: A practical guide to prevention and recovery

by Rob and Terri Bogue



Excerpt from back cover: *"Who hasn't suffered at one time or another from exhaustion, cynicism, and a lack of effectiveness? But combine them over time and you're flirting with a disaster of catastrophic magnitude—burnout. Elegantly defined as the depletion of personal agency (the apparatus driving our ability to initiate and execute actions) burnout effectively wipes out our ability to be effective, much less engaged. And the cost of burnout is astronomical in all its forms and phases, including the profound and lasting effects it has on employees and workplace*

cultures. Based on extensive research and full of real-world stories and examples, workplace culture experts Rob and Terri Bogue take a deep dive into the signs, sources, and solutions of burnout and deliver an essential resource that helps anyone identify, prevent, and recover from burnout."

New Family Presence and Visiting Guidelines



To learn more about the new family presence and visiting guidelines at the MUHC, please click on the link below.

If you have any
questions, please call
514-934-1934.

**Click here to learn
more**

Global shortage of N95 masks: Finding a solution right at home



Photo Credit: Pixabay

We invite you to read this article about how "teams from across the MUHC pulled together and, like champions, found a safe solution to the dwindling supplies of N95 masks".

[Click here to read the article](#)

COVID-19 Update from the Quebec Government: Gradual resumption of activities



Photo Credit: Pixabay

Over the past several weeks, certain activities have gradually resumed in Québec.

We invite you to consult the web page on gradual resumption of activities below.

Web Page

**Reminder:
This information sheet below from the Quebec Ministry of Health and Social Services explains how to wear a face covering in public settings and how to make it using materials available at home.**

Information Sheet

We also invite you to consult the guide summarizing the main directives (PDF Format) currently in force below.

Summary Guide

**Thank you for reading our information bulletin! We hope you enjoyed
this issue.**

Cedars CanSupport Team
