

Check in on you



Life is busy. Sometimes we forget to take care of ourselves. Spend a little time to take better care of you! Here are some ideas for nurturing your physical and mental health:

Physically

“Do I:”

- Drink plenty of water
- Move my body and exercise
- Get enough sleep
- Eat healthy foods

Mentally

“Do I:”

- Practice self-care
- Manage stress
- Connect with supportive people
- Spend time doing fun activities or hobbies
- Focus on gratitude

Need a well-being boost?

Here are some ideas for promoting your physical or mental health:



- Check out your **Resources for Living** member website or call for in-the-moment support, referrals and resources.



- Access **Mind Companion Self-care** for self-paced tools that help you track your mood and develop healthy habits.



- Connect with a **well-being coach** to help you establish personal goals and steps to achieve them.

Focusing on your well-being doesn't have to take a lot of time but it can make a big difference.

1-800-848-9392, TTY 711 / resourcesforliving.com
Username: pcsb / Access code: eap



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