

Balance within reach: Recharge

It's important to find activities that leave you feeling refreshed and then make time for them so you can recharge. This month's resources can help you practice self-compassion, make the most of downtime and more.

View the monthly features

Things to know this month:

- ✓ Overdose awareness and prevention
- ✓ International Day of World's Indigenous People

Monthly Awareness



Overdose prevention and awareness

Learn more about preventing an overdose and how to respond in an emergency.

Read the article

Think Tank



The importance of rest

Listen in as we talk about sleep and taking time to recharge.

<u>Listen</u>

Life's Moments



A shrine to myself

Not everyone has big life milestones. But we should celebrate everyday accomplishments.

Read the blog

Worklife



Care solutions

Need childcare, eldercare, or other services? Call us to discuss your needs, and we'll find local options for you.

Learn more

Press Pause



Trust the "process"

Find out how trusting the process can help you feel more comfortable with uncertainty as you navigate life changes and challenges.

<u>Listen</u>

Mind Companion Self-



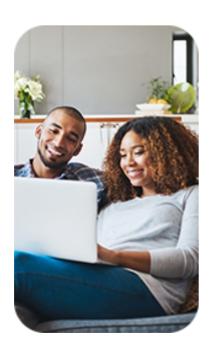


Mind Companion Selfcare tips

Balancing work and home life can be stressful. Mind Companion Self-care helps. Access it through your member account.

Learn more

September Webinars



Register today for upcoming webinars:

- Returning to school safely Sept 4 @ 3 p.m. ET /12 p.m. PT
- Understanding anxiety Sept 11 @ 3 p.m. ET /12 p.m. PT
- Featured webinar: Mental health: best practices at work Sept 16 @ 3 p.m. ET / 12 p.m. PT
- Stress: do this, not that Sept 25 @ 3 p.m. ET /12 p.m. PT

Download the webinar calendar

We're here for you and your household members 24/7. Visit us online or call anytime.

> (800) 848-9392 (TTY: 711) Visit your member website **Organization Username: pcsb Access Code: eap**

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