



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.

[Listen](#)

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.

[Listen](#)

Mind Companion Self-care



Mind Companion Self-care 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](#)

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