

Resources for Living®



Help within reach: Explore

Taking time to explore new things can bring unexpected rewards. This month's resources can help you explore ways to manage stress, build meaningful connections and more.

[View the monthly features](#)

Things to know this month:

- Arab American Heritage Month
- Stress Awareness

Monthly awareness



Think Tank



Life's Moments



Stress awareness

April is National Stress Awareness Month -- a time to recognize the effects of stress and learn ways to manage it.

[Read the article](#)

Building meaningful connections

Learn pathways to finding deeper, more meaningful relationships.

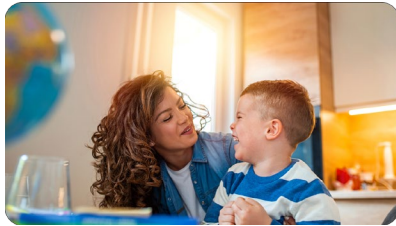
[Listen](#)

Press start to relax

Life's stress can feel overwhelming, but video games offer Joel a way to step back, reset and recharge.

[Read the blog](#)

Work/life balance

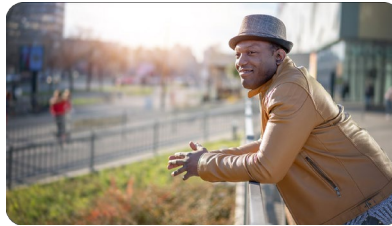


Helping children with special needs

It's tough to raise children today. And if you have a child with special needs, the challenges may be greater, but the rewards can be too. We can help you find options for childcare, parenting support, government and community programs and more.

[Learn more](#)

Mindful moment



Finding the positives

Good things can come from challenging times. Listen to this short audio for inspiration that can help you learn from difficult moments.

[Listen](#)

Mind Companion Self-care



Conflict at work

Practice tools to manage your emotions and responses. From information about stress to breathing exercises, the "conflict at work" focus area can help.

[Learn more](#)

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