

Pause and reflect — Nurture your well-being

Nurturing others comes naturally for many people. Self-care may be a bigger challenge — you may feel like you're taking time and energy away from others. This month's resources can help you take small steps to nurture your own well-being.

[Get started](#)

Support with romantic relationships

Create and log in to a personal account on your member website and go to Workplace > Mind Companion Self-care to access digital self-paced support. The marriage/romantic relationships focus area can help you manage differences better, identify emotions, stress triggers and .more

[Learn more](#)

Assessing your work/life balance

WELL-BEING WORKSHEET

Use this worksheet to rate how you're doing and get ideas to support a healthy work/life balance.

[Learn more](#)

Nurture your well-being

Check out this month's article, podcast and relaxation exercise.

[Learn more](#)

"Nothing hurt"

LIFE'S MOMENTS BLOG

Emily shares life lessons she's taking away from watching her sons play baseball.

[Read the blog](#)

August webinars

Explore what's coming up and save your spot — check out the webinar details and register using the link below.

[Upcoming webinars](#)