

Resources for Living®



Focus on balance: Create healthy boundaries

Balance doesn't just happen. You have to nurture it. One way to improve your balance is to learn to say no to things you might be doing just to please others. If that's hard for you, it can help to think of it as saying yes – to you!

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

(888) 439-7327 (TTY: 711)

[Visit your member website](#)

Username: ladwp
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Mind Companion Self Care

Mind Companion Self-care is an online mental well-being program that provides support where and when you need it. This digital self-paced support program provides access to evidence-based support tools to help manage depression, anxiety, substance misuse and more.



[Learn more](#)



Life's Moments

Why not?

What could happen if you freed yourself from self-limiting beliefs? Take a moment to explore and share your thoughts with a comment.

[Read the blog](#)



Learning to say no

You have the right to set boundaries, which includes saying "no."

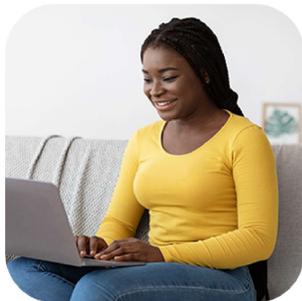
[Watch the video](#)



Growing together — tips for couples

What makes a relationship last? Listen in as we talk about relationship dos and don'ts.

[Listen to the podcast](#)



May webinars

Register today for upcoming webinars:

- **Change: How we adapt, cope and respond**
[May 2 @ 3 p.m. ET / 12 p.m. PT](#)
- **Good humor=good health and more**
[May 9 @ 3 p.m. ET / 12 p.m. PT](#)
- **Challenges of working parents**
[May 16 @ 3 p.m. ET / 12 p.m. PT](#)
- **Tips for summer safety**
[May 23 @ 3 p.m. ET / 12 p.m. PT](#)

[Download the webinar calendar](#)

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