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Well Aware: Reclaim Your Balance With LifeSpeak

Focus on finding your balance. It's not something you achieve once. It's something you return to. Managing stress, setting limits, and letting go of habits that no longer work are all part of it. Through LifeSpeak, you have access to expert-led content and tools to help you manage stress, set healthy limits, and reset habits.

Get started

1. Visit [the LifeSpeak portal](#) or download the LifeSpeak app.
2. Enter your MCPS Outlook email address and click **Next**.
3. Enter MCPS2022 as your password (first time only).

Start Exploring

Once logged in to LifeSpeak, take a look at these featured resources to discover what balance looks like for you:

- [Mental health impact on physical health](#)
- [Understanding stress to prevent burnout](#)
- [Creating and Sticking to Healthy Habits](#)