

DSG CARES



CARE

- » [Covid-19: How to safely enjoy fall activities](#)
- » [National recovery month webinar series](#)
- » [32 Healthy fall recipes to balance out all the baked goods: carry those summer health goals into the fall](#)



PERFORM

- » [Virtual learning tools designed by Trust Arts Education teaching artists for learners of all ages](#)
- » [Update your PowerPoint skills through free online learning](#)
- » [Tips for communicating with a mask on](#)



COMMUNITY

- » [DSG and our I&D Council wish a happy new year and an easy & meaningful fast to all of our teammates who observe Rosh Hashanah and Yom Kippur.](#)
- » [You're celebrating National Hispanic Heritage Month. So are we. Click here for our I&D Council's suggested events, activities & more.](#)
- » [Knoxville is ALL IN! Check out the district's I&D bulletin boards.](#)

DID YOU KNOW?

To address any concerns you may have, check out these common [myths about the flu vaccine](#).

WELLNESS TIP - Wake up your morning! Melatonin a natural sleep inducer your body produces primary at night, can leave you a bit groggy in the morning. But exposure to daylight - especially combined with exercise - helps suppress melatonin and kick up energizing cortisol.

PULSE ENGAGEMENT SURVEY

REMINDER: The Pulse Engagement Survey closes tomorrow! Please take the confidential survey at [DSGListens.com](#) by 9/17 at 11:59 PM ET to share your voice on important topics like Inclusion & Diversity, Performance, and Engagement

Employee Assistance Program

DSG offers resources to help teammates manage their mental health 24/7.

Call: 800-337-9852

Online: [GuidanceResources.com](#)

Working Remotely

[Work remotely tips & tricks](#)

Contact the [Technology Service Desk](#)

COVID-19 Resources

[CDC Website](#)