

Enjoy the ride

Live a little

August 2018 Newsletter

Featured Article:
Live it up

Monthly Awareness:
**Women's equality:
Then and now**

Infographic:
Travel checklist

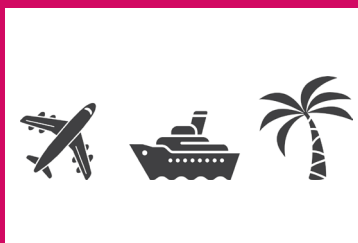
Let's Talk video:
**Starting your
career**



You don't have to be rich to live large. In fact, you can live it up every single day without spending an extra dime. **Learn simple ways to live it up here.**



Women in the United States have been working for equality in economic, political, personal and domestic arenas for many years. The challenge continues today. **Try our quiz to learn the facts.**



Whether you're staying local or going far away, there are some basic safety measures to keep in mind. **Keep these tips in mind when travelling.**



It can be challenging to learn the right steps to take when starting out in your career. **Watch this video for tips on starting your career.**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

Live it up!



[Return to top](#)

Have you heard the expression “live large”? It means to live lavishly.

But you know what? You don’t have to be rich to live large. In fact, you can live it up every single day without spending an extra dime. Here’s how:

- **Live in the moment.** Spend as much of your time as possible savoring the present. Try to stop worrying about tomorrow and the next day. Enjoy who, what and where you are right now.
- **Live with purpose.** You don’t have to save the world, but what goals can you hope to achieve? Set personal, family and work goals that are realistic and make you feel proud.
- **Live like every day is a special gift.** Because you know what? It is! No one is promised tomorrow. So live each day with optimism, energy and good intentions.
- **Live with thanks.** When did you last watch the sun set? When was the last time you told someone close to you how much you appreciate him or her? These kinds of reflective pauses can make you very aware of the wonders of your own life.
- **Take time to be kind.** Poet and writer Maya Angelou said, “People will forget what you did, but people will never forget how you made them feel.”¹

Following these steps can help create a life of peace and satisfaction. Those are riches that money can’t buy!

¹[Maya Angelou quotes](#). Accessed May 2018.

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Women's equality: Then and now



[Return to top](#)

Women in the United States have been working for equality in economic, political, personal and domestic arenas for many years. The challenge continues today.

Looking back, how much do you know about the struggle for women's equality? Try our quiz to see.

1. When did women in the United States get the right to vote?

- a. 1776 b. 1954 c. 1920

2. Which state first allowed women to vote in the national election?

- a. Wyoming b. New York c. Alaska

3. What right does the 19th amendment give women?

- a. Free speech c. The ability to get divorced
b. Voting

4. Who was the first woman to have her face on a circulating U.S. coin?

- a. Harriet Tubman c. Judge Judy
b. Susan B. Anthony

5. Who was the first female judge on the Supreme Court?

- a. Sandra Day O'Connor c. Gloria Steinem
b. Ruth Bader Ginsburg

6. In 1963, President Kennedy signed an act to help women:

- a. Get access to education c. Get equal pay
b. Have the ability to travel

7. Who said "Men of quality are not threatened by women of equality"?

- a. Martin Luther King c. JFK
b. Thomas Jefferson

The women's rights movement today

Advocates continue to shed light on areas where there is discrimination or bias. In just the past few years, we've seen the growth of important movements like The Women's Marches on Washington and the #MeToo movement.

Both men and women have a stake in equality. We've made a lot of progress, but there are still important issues on the table. For more information, search under "Women's Rights" and visit [International Women's Day](#).

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Travel checklist



Taking safety on vacation

Vacations are for fun, adventure and relaxation. But, whether you're staying local or going far away, there are some basic safety measures to keep in mind:



TIP 1:

Pack your prescription drugs and make sure they're all labeled



TIP 2:

Let someone at home know where you'll be in case of emergency



TIP 3:

Take at least two credit cards in case one gets lost or stolen



TIP 4:

Carry a form of ID and your medical insurance card



TIP 5:

If you're going to a foreign country, take your passport plus a copy of it



TIP 6:

If you wear glasses or contacts, take an extra pair



TIP 7:

Keep your phone charged and bring a backup charger



TIP 8:

Know the address and phone number of the place you're staying



TIP 9:

Enjoy the sights, but always be aware of your surroundings

[Return to top](#)