

# Keep the momentum



November 2018 Newsletter

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**Appreciating the moments in life**

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**Getting organized**



Which do you think makes you happier — special moments or special things? **Find out why special moments make us happier in the long run.**

A career is an occupation you pursue for satisfaction, learning, experience, the chance to advance and to make a living. **Learn more about career development.**

What does giving back mean to you? **Find some ideas to help you get giving.**

Being organized or disorganized are both habits. **Watch this video to find ways to change your habits.**

## 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®

# Appreciating the moments in life



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Which do you think makes you happier — special moments or special things? Research shows that moments make us much happier in the long run.<sup>1</sup> But why?

Things or objects can be exciting at first. But the thrill of buying costly or trendy items often fades as soon as the next “in” thing comes along.

Moments or experiences lead to more lasting happiness. You may create long-term bonds with others while enjoying experiences together. You can reminisce about them over and over. They never go out of style. Plus, many unforgettable moments are spontaneous and free.

## **How to make moments last**

You're always storing memories through your senses without even trying. For example, the aroma of apple pie may transport you to the coziness of your mother's kitchen. The ringing of a bell may bring back the joy of dismissal on school days. The sound of the ocean may remind you of a happy seaside vacation.

You can also make photo albums, journals or recordings to help capture memories. You can livestream or video chat during your experience. Another good way to keep special moments alive is through story-telling.

As you read this, the holidays are quickly approaching. Whatever your plans, savor the moments. Your experiences are unique. They're yours and they'll always be there to remember.

<sup>1</sup>Clark, Josh. [What makes people happier — objects or experiences?](#) howstuffworks. Accessed September 2018.

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# November is Career Development Month



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A career is an occupation you pursue for satisfaction, learning, experience, the chance to advance and to make a living. You may have one career or several over the course of your working life.

## **Careers often start with an interest**

Remember when you first wondered what it was like to be a doctor, farmer, electrician or beautician? This kind of curiosity can start you on the path toward a career.

To pursue your interest, you need to get on-the-job training, a college or vocational degree or more advanced training. After that, you often start with an entry level job or internship and work your way up.

## **Not every path is straight**

Many people start working toward one career and then decide to change. Why? As you learn new things, you often discover even more compelling interests. Some people have multiple careers as they grow and change throughout their lives.

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## **Learning more about careers**

You can find online tools that can help you learn more about your natural aptitudes and skills. [Check out this career development site for a good place to start.](#)

If you like your career but want to take it to the next level, take some time to learn about:

- Finding and working with a mentor
- Developing your personal brand
- Networking

With the right career, you'll find new challenges, opportunities and rewards.

Searching for a career is a lot like trying on a new suit or dress. When you find one that's "right," it'll feel like a good fit.

# 5 Ways to give back



What does giving back mean to you? Maybe someone helped you when you needed it, and now you can “pay it forward”. Or maybe it’s as simple as supporting a cause. Here are some ideas that can help you get giving:

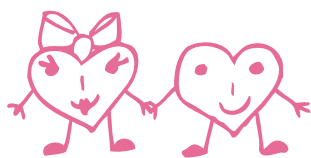
**1 Volunteer** to help others in your community

**2 Donate** food or other needed items to a charity

**3 Practice** a “random act of kindness” at least once a week

**4 Check** on a friend or family member who can use extra support

**5 Act** as a mentor to someone who stands to gain from your experience



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