



Optimize:

Expand your network

Resources *for Living*[®]



Why you need your social network

There are lots of ways to meet people and make new friendships. Learn about the benefits of a healthy social life.

[Read more...](#) | [En Español...](#)



Monthly awareness: Tips for managing workplace stress

Some stress is helpful for you to stay motivated. But it's important not to let it get out of control. These tips can help.

[Read more...](#) | [En Español...](#)

Coping with COVID-19

[COVID 19 resources](#)

[Return to work resources](#)

[Resources for parents](#)



Think Tank podcast: Who's got your back?

We talk about what a support system is and why it's so important.

[Listen to this month's podcast...](#) | [Read the transcript...](#)



Infographic: Ways to meet new people

Making new friends can start with just doing things you enjoy.

[These tips can help...](#) | [En Español...](#)



Survey results: What's your pet peeve?

Last month we asked about that one thing that really gets to you — your pet peeve.

[Read a sample of reader responses.](#) And watch for a new survey in next month's newsletter.



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website to sign up for a webinar today.

[View April webinars](#)

[View May webinars](#)

Getting help

For help with personal or workplace issues, call your access phone number or check your website. These confidential services are available 24/7 to you, your eligible household members and adult children living away from home up to age 26.

This information was brought to you by Resources For Living. If you would like to speak to one of our consultants about this information, or feel you are in need of immediate assistance, please call your access phone number. Our telephonic assistance is available 24 hours a day, seven days a week, 365 days a year.

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.