

Resources for Living[®]



Looking for inspiration? Just look in the mirror

Inspiration takes many different forms. You're most likely an inspiration to others — even though you may not know it.

Read more... | En Español...



Monthly awareness: Heart attack or stroke?

Many people think heart attack and stroke are the same. But they're not. Knowing the signs of both can help save a life.

Read more... | En Español...

Coping with COVID-19

COVID 19 resources

<u>Return to work</u> <u>resources</u>

<u>Resources for parents</u>

Online peer support group sessions for young adults

Young adults aged 18–24 are invited to join a free Here 4 U online peer support group session between February 8–12, 2021.

<u>Register now</u>







Think Tank podcast: Create a roadmap for the future

Join us as we explore ways of unfolding your own personal roadmap to help you reach your life goals.

Listen to this month's podcast... | Read the transcript...



Survey results: Who are you looking forward to seeing?

Last month we asked you to share who's the very first person you'd like to visit once it's safe.

<u>Check out a sample of reader</u>

responses. And be sure to watch for a new survey in the March newsletter.



Press Pause: Setting intentions

Setting intentions is an extremely useful practice that allows each of us to decide how we want to be, live and show up in the world. Take a moment to set an intention for yourself, right now.

Press pause... | Read the transcript...



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, selfimprovement 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 February webinars

View March 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.

