

**Highlight:**

**Reflect  
and  
recharge**

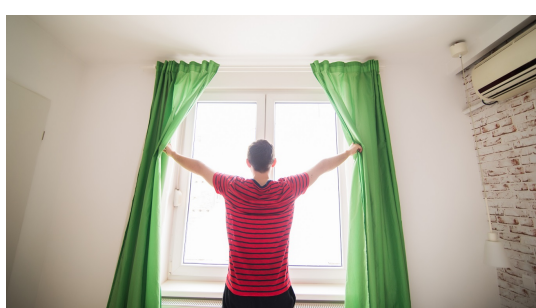
## Resources *for* Living®



### Reflect and recharge for 2021

What have you learned during COVID-19? For many, quarantining, working from home and connecting virtually have led to some important lessons and even benefits.

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



### Monthly awareness: Changes, goals and growth

Have you made your New Year's resolutions yet? 2021 is a year with potential for big change.

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



### Think Tank podcast: Start the year off with gratitude

Listen to our podcast as we explore the emotional and physical benefits of gratitude. Plus, enjoy the voices of kids as they tell about the things they're thankful for – including sweatpants!

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



### Infographic

#### Take back your morning

Mornings are a critical part of your day.

[These tips can help you make them as smooth as possible...](#) | [En Español...](#)

## Coping with COVID-19

[Resources for parents](#)

[COVID 19 resources](#)

[Return to work resources](#)



### Survey: Who are you looking forward to seeing?

Because of COVID-19, many of us have had to be distanced from loved ones. So, when it's safe, who's the very first person you'd like to visit and why?

[Respond to our survey](#), and watch for selected reader responses in the February 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 January webinars](#)

[View February 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.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.