

**Pursue:  
Be bold**

## Resources *for* Living®



### Go forth, boldly!

We've all been through a lot. It's possible you're not giving yourself enough credit.

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



### Monthly awareness: Ergonomics

Learn how watching your posture while you work can help you feel better and lower your risk of injury.

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



### Think Tank podcast: Making friends in a room full of strangers

Have you ever wanted to break free from being a wallflower? You can do it!

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



### Infographic: Tips to improve your confidence

It can take time and hard work to grow more confident.

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



### Survey: What makes you laugh?

What always makes you laugh? [Take part in this month's survey](#) to give us all a giggle. Responses are anonymous and we'll share selected ones in the next 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 July webinars](#)

[View August 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.

### Find additional resources for coping with COVID-19:

- [Returning to the workplace resources](#)
- [COVID-19 resources](#)
- [Resources for parents](#)

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.