

**Highlight:
Start today**



Resources *for Living*®



On your mark, get set, go

Many people have trouble getting started — especially on tasks they fear, worry about or even dread. Yet starting's really the only way to finish.

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



Monthly awareness: Colon health counts

Learn ways you can lower your risk factor for colon cancer and other health issues.

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

Coping with COVID-19

[COVID 19 resources](#)

[Return to work resources](#)

[Resources for parents](#)



Think Tank podcast: Baby makes three

Bringing a new baby home means new changes — not only in your day to day, but also in your relationships. Tune in for helpful tips from a few experienced parents.

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



Let's Talk: Tips to stop procrastination

Do you put off until next year what you wanted to do last week? These tips can help you get past the fear of getting started.

[Watch the video...](#) | [Read the transcript...](#)



Survey: What's your pet peeve?

We all have things we like and things we don't. But how about that one thing that really gets to you — your pet peeve?

[Share yours here.](#) We'll publish selected responses in the April 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 March webinars](#)

[View April 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.

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44.37.258.1-RFL-ECD (3/21)