

## Optimize: Build inner strength

# Resources *for* Living®



### Building inner strength

No one is born with resilience. It's something you have to learn and practice. These tips can help.

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



### Mental health awareness during COVID-19

COVID-19 has caused an increase in stress, anxiety and depression. The more you know, the more you can help yourself and others nurture emotional wellbeing.

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

## Online peer support group sessions for women

Women 18 and over are invited to join a free Here 4 U online peer support group session between May 17–21, 2021.

[Register now](#)



## Coping with COVID-19

[COVID 19 resources](#)

[Return to work  
resources](#)

[Resources for parents](#)



### Think Tank podcast: Get goin' when the goin' gets tough

In this change-up episode of Think Tank, Amy and her husband Mike discuss resilience and how to keep going when times get tough.

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



### Press Pause: The power of breath

Learn simple breathing techniques to help bring focus, energy and balance.

[These tips can help...](#) | [Read the transcript...](#)



### Survey: Share your resilience

2020 and 2021 have been all about resilience. You've most likely faced challenges before and found healthy ways to cope.

We want to know: **What's one of the hardest things you've ever done?** How did you get through it? We'll publish a sample of reader responses in next month's newsletter. Note: Your response is anonymous. If you can use support with a challenge, we encourage you to call us. We're here for you 24/7.



### 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 May webinars](#)

[View June 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.