

Enjoy:
Embrace what you love



Resources *for Living*[®]



Keep a positive perspective

A positive perspective can help you feel better, believe in yourself and set goals that are meaningful to you.

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



Monthly awareness: Could you have prediabetes?

For many people, prediabetes can serve as a warning to help avoid or delay the onset of type 2 diabetes. The more you know, the more you can do to protect your health.

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



Think Tank podcast: Meet in the middle

Sometimes the very things that attracted you to that special someone can get on your nerves later on in a relationship. How can you make the most of your differences?

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



Press Pause: A balanced you

Balance can help you create strength, stability and space for self-care. Try this short audio exercise and see if it helps you feel more balanced.

[Listen...](#) | [Read the transcript...](#)



Survey: Looking forward

This year may be a unique Thanksgiving. Perhaps you're getting to see or be with family you haven't seen in a while. Or maybe you're traveling to enjoy the holiday in a way you couldn't last year.

However you plan to spend the holiday, will you **tell us what you're most looking forward to this Thanksgiving?** Please try to sum it up in 25 words or less. We'll share as many responses as possible in the December 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 and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

[View November webinars](#)

[View December 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.