

**Enjoy:
Celebrate
you**

Resources *for Living*[®]



How're you doing?

We've all been through a lot lately. Check in with you and give yourself credit for your resilience.

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



Monthly awareness: How to give and get gratitude

Compliments can uplift you and those around you. Learn ways to give and accept the gift of gratitude.

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



Think Tank podcast: Creating a culture of belonging

Everyone wants to be included. Our host welcomes a special guest to talk all about diversity and inclusion.

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



Infographic: Ways to celebrate you

No matter how busy you are, take a moment each day to celebrate you. Here are some simple ideas to get you started.

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



Survey results: Wave a magic wand

We asked: If you had a magic wand and could use it to improve one thing, what would it be? You answered.

[Read a sample of the responses we received](#) from readers like you.



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 October webinars](#)

[View November 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.