

**Pursue:
Make a
difference**



Resources *for Living*[®]



How one person can make a difference

Speaking up for the importance of mental wellbeing can help empower others to do the same.

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



Monthly awareness: Tips for healthy eating

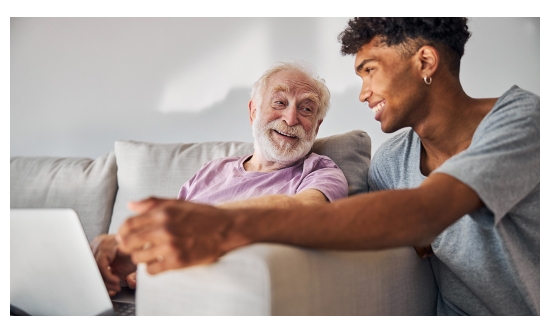
Developing healthy eating habits takes planning and thought. Here are some tips that can help.

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



September is Suicide Prevention and Awareness Month

Take the free online Talk Saves Lives training to learn ways you can support someone at risk of suicide. You could even save a life.



New caregiver section on the member website

Being a caregiver isn't always easy. That's why we've put together a variety of resources under one umbrella on your member website. Simply log on and visit Resource centers > Caregiver support



Think Tank podcast: Pay it forward

Learn how little acts of kindness can make a big difference.

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



Let's Talk: You can make a difference

You already make a difference for others every day. Just a little extra thoughtfulness can help you help even more.

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



Survey: Wave a magic wand

If you had a magic wand and could use it to improve one thing, what would it be? [Let us know](#). We'll publish selected responses in next month's 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 September webinars](#)

[View October 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.