

Connect with yourself

Do

Resources *for* Living®



Growth starts from within

If you feel like you're waiting for someone to show you where you can grow, that someone can be you! Once you start looking for opportunities, you might even feel it's tough to choose just one.

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



International Boost Self-esteem Month

International Boost Self-Esteem Month happens every February. When your self-esteem is high, you believe in yourself, appreciate how far you've come and love who you are.

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



Think Tank podcast: Resilience - what it is and what it's not

In this episode, Amy speaks with Dr. Deboarah Fernandez-Turner, a board certified psychiatrist about resiliency. Together they talk about what it is, what it isn't and how to build your level of resiliency.

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



Let's Talk: Do you

Exploring your interests and hobbies is a great source of self-care and can help with work/life balance.

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



Mindful Moment: Showing up for yourself

Showing up for yourself means doing the things that support your mental and emotional health. It's figuring out what you want, what you need and what adds value to your life.

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



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 February webinars](#)

[View March webinars](#)

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.