

**Pursue:
Believe you
can**



Resources *for Living*[®]



If you think you can, you're on the right track

Believing in yourself makes a big difference. And it's a skill that you can learn and practice.

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



Monthly awareness: Beat a bad night's sleep

It can take more than countable sheep to get a better night's sleep. These tips can help.

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



Think Tank podcast: How to nail your next interview

Ever get the jitters before an interview? These tips will help prepare you for success.

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



Press Pause: Listen to your intuition

Tuning in to your inner wisdom can help guide your actions and decisions.

[Practice now...](#) | [Read the transcript...](#)



Survey responses: What makes you laugh?

Last month, we asked readers to share the things that make them laugh. [Read a sample of the answers we received](#), and see if you can find a few new ideas for your own amusement!



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.

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.

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