

Enjoy:

Make memories



## Resources for Living®



### Making magical memories

You can create special moments with just a little inspiration. We've put together some ideas that can help.

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



### Monthly awareness: Mindful eating during the holidays

Many people look forward to holiday meals and treats all year long. These tips can help you savor them.

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



### Think Tank podcast: Looking back to look forward

There's a lot of focus around living in the moment. But looking at the past with new eyes can help us build a rewarding future.

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



### Let's Talk: Holiday traditions

Traditions can boost feelings of connection and security. For instance, do you know how the New Year's tradition in Times Square got started?

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

## Handling loneliness during the holidays

Being sad or lonely during the season of good cheer can make you feel isolated. Especially if you've been through a life change or loss, the holidays can stir up tough emotions. With a little extra self care, you can get through it.

[Read more...](#)



### Survey results: Holiday excitement

We asked you to tell us what you were most looking forward to this Thanksgiving.

[Read a sample of the heart-warming responses we received.](#)



### 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 December webinars](#)

[View January 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.