

## Optimize: Get organized

### Resources *for Living*<sup>®</sup>



#### Secrets of staying organized

A tidy environment can boost your mood and help you be more productive. Try these tips for decluttering your home and office.

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



#### Monthly awareness: Migraine headaches

Migraines can be painful. But there are treatments that can help.

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

### Coping with COVID-19

Newly updated: [Returning to the workplace resources](#)

[COVID 19 resources](#)

[Resources for parents](#)



#### Think Tank podcast: Making every penny count

Maybe you want to take a trip, buy a home, or save money for your child's education. These tips can help you budget for surprises, spend less and save more.

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



#### Let's Talk: Getting a good night's rest

Sleep is an important part of your overall health. Getting better sleep can add up to feeling better and becoming more resilient.

[These tips can help...](#) | [Read the transcript...](#)



#### Survey results: Share your resilience

We asked you, our readers: What's one of the hardest things you've ever done? How did you get through it?

We were moved by our readers' resilience. Thank you to everyone who answered.

[Read a sample of the responses.](#) And be sure to check next month's newsletter for our next survey question.



#### 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.

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.