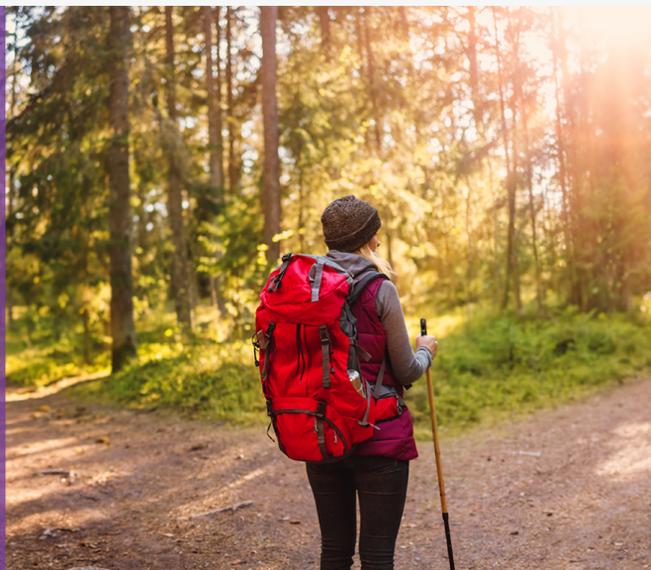


Reboot: Find your path



Resources for Living®



Love yourself

Whether you're single or in a relationship, Valentine's Day can be a reminder to value someone who's everything to you: YOU!

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



Monthly awareness: Trust your inner compass

Using your inner compass can help you find direction. You can see the way it's pointing by tuning in to your feelings.

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



Think Tank podcast: Relationships - should I stay or should I go?

Relationships aren't magic like in the movies or fairy tales. They take a lot of work, day by day. Learn how to evaluate the health of your relationship plus some insights that can help make the work part more fun.

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



Let's Talk: Keys to making a good first impression

From a job interview to meeting new people, making a good impression can make or break an opportunity.

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



Mindful Moment: Finding your path

What does it mean to "find your path"? Everyone has to discover that for themselves. Here are some ideas that can help.

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



Survey results: What's new?

We asked you to tell us about what's new for you this year, whether that's working toward a goal, practicing a hobby or navigating life changes.

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

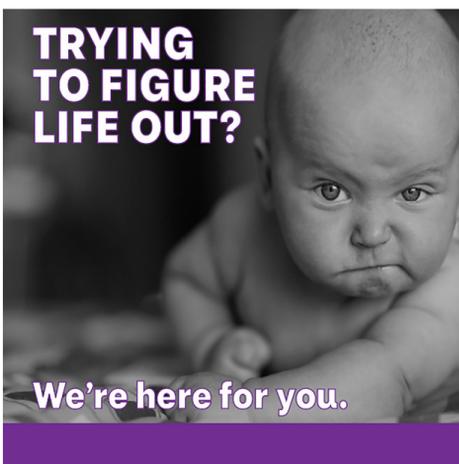


Upcoming webinars

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 February webinars](#)

[View March webinars](#)



Find additional resources for coping with COVID-19

- [Returning to the workplace resources](#)
- [COVID-19 resources](#)
- [Resources for parents](#)

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.