Looking back, being present and looking forward

While many messages we receive encourage us to focus on the now, there are benefits to looking back and forward, too.

Monthly awareness: Mental health checkups

Mental health problems may not be as easy to spot as physical ones. Checking in with your provider can help you figure out if you can use some emotional support.

Think tank podcast: Choosing a meaningful life

What does it mean to find meaning in your life? Here are some tools that can help you find new ways to go about it.

Let’s Talk: The family impact of substance misuse

Addiction doesn’t just affect the person with a drug or alcohol problem. It’s called a family disease because it also impacts everyone who cares about them.

Mindful Moment: SMART goals

SMART is an acronym that stands for Specific, Measurable, Attainable, Relevant and Time-bound. Learn how making your goals SMART can help you reach your goals.

Survey: What’s new?

Have you started a new habit or hobby? Or maybe you’re working on being more connected with the people you care about. Let us know how the year’s starting out for you, and we’ll share reader responses in the next newsletter.

Upcoming webinars

Webinars are presented each month on topics such as stress management, self-improvement and more.

For help with personal or workplace issues, call your access phone number or check our website. These confidential services are available 24 hours a day, seven days a week. All calls are confidential, except as required by law. This material is for informational purposes only. Information contained herein is for accuracy of the publication date; however, it is subject to change.

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