

**Reboot:**

**Create a vision**



## Resources for Living®



### 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.

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



### Monthly awareness: Mental health checkups

Mental health symptoms 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.

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



### Think Tank podcast: Choosing a meaningful life

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

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



### 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.

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



### 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 make it easier to reach them.

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



### Survey: What's new?

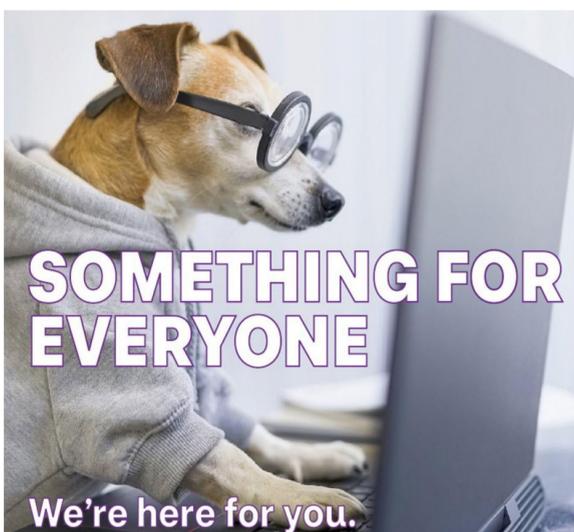
Have you started a new habit or hobby? Or maybe you're working on staying more connected with those you care most about. Let us know how the year's starting out for you. We'll share reader responses in the next newsletter.

[Tell us what's new with you in 2022!](#)



### Upcoming webinars

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



**SOMETHING FOR EVERYONE**

**We're here for you.**

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.