

Restore: Take your time



Resources for Living®



Self care isn't selfish

Many people confuse taking care of themselves with being selfish. Self care is the foundation of health and happiness.

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



Alzheimer's Awareness

Alzheimer's disease is the most common form of dementia. It's not a normal part of aging. Over time a person with Alzheimer's needs outside support and care.

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



Think Tank podcast: Fun - why we need it

It can be easy to put having fun on the back burner, but it's an important part of life. This month's podcast can help you find time to play more and even give you new ideas.

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



Let's Talk: Preparing for a therapy session

It can be intimidating to find the right therapist for you. These tips can help you select a therapist to work with and get ready for your first therapy session.

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



Mindful Moment: Breathing for balance

Adding breathing exercises to your day can help reduce stress. Take a few minutes now to practice breathing in balance and calm and breathing out stress, worry and anxiety.

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



Survey results: How do you care for you?

With all that's going on in the world, it's more important than ever to carve out some space and time for peace and self-care.

We asked how you water the garden of your emotional wellbeing. Your responses were thoughtful and inspiring. **We've shared a sample of them here.** See if you find some new ideas to try for yourself.

Be on the lookout for a new survey in the next newsletter.



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. Visit the member website to sign up for an upcoming webinar.

Special webinar: Coping with violence
[June 9 @ 12 p.m. ET / 9 a.m. PT](#)



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.