

## Reboot: Share your story



## Resources for Living®



### Share your story

You may not think of your story as powerful, but it is. You can help others and keep growing by sharing what you've learned.

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



### Monthly awareness: Nutrition - one of the keys to health

Making smart food choices can help you stay healthy and feel better. And a few small steps can make a big difference.

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



### Think Tank podcast: Caring for older adults

Being a caregiver is a lot of work bundled up with a lot of feelings. In this episode, Amy Hopkins and Brig Dunsmore discuss caregiving, provide resources and interview a couple of very special caregivers.

[Listen to this month's podcast...](#)

[Read the transcript...](#)

[Download a list of resources...](#)



### Let's Talk: Eating disorders

You can't see all the signs and symptoms of an eating disorder. And many people go to great lengths to hide their struggle. But there are physical, psychological and behavioral signs you can watch for.

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

[Read the transcript...](#)



### Mindful Moment: Making connections

Did you know connecting with others is one of the best ways to boost your mood, reduce stress and improve self-esteem?

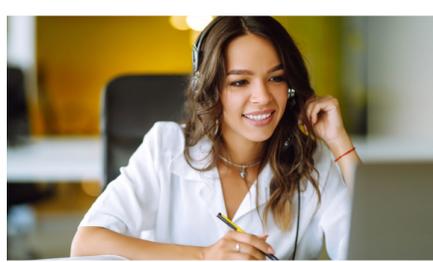
This Mindful Moment speaks to the benefits of connecting with others.

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



### Survey: Would you rather have more time or money?

At first it may seem like an easy question, but there's a lot to consider. Think about it and [share your choice with us](#). We'll publish a sample of the responses in the next newsletter.

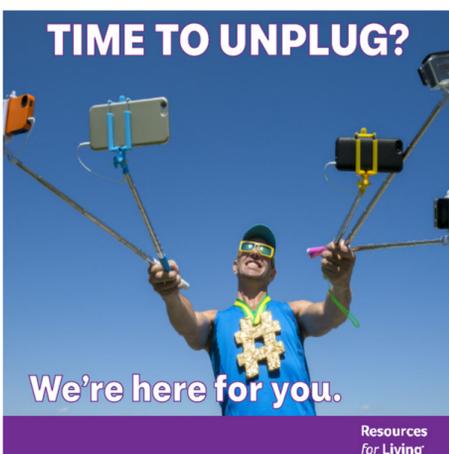


### Upcoming webinars

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 March webinars](#)

[View April 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.