

Reflect:
**Learn what
you can give**

Resources for Living®



Giving is good for you

Giving can be simple and doesn't even have to cost anything. Learn ways you can give more and how that can improve your well-being too!

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



Monthly awareness: Men's mental health: attention and prevention

Gender stereotypes and stigma can make it harder for men to seek support. But all people need to express their feelings and get help sometimes.

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



Think Tank podcast: How to apologize, forgive and move on

How do we make it right when we've hurt someone? And how do we let go when we've been hurt? Join Amy and her guests as they talk about two very powerful things—apologies and forgiveness.

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



Let's Talk: Helping neurodiverse kids transition between activities

Transitions can be tough for all kids, and even more so for neurodiverse kids. Learn some ways to make them easier on everyone.

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



Mindful Moment: A successful life

How we think about success can set the stage for honoring the many ways we're all successful in our lives. Listen to a beautiful poem by Ralph Waldo Emerson entitled "What is Success?"

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



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 November webinars](#)

[View December webinars](#)



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.

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