

**Reflect:  
Embrace  
balance**



## Resources *for Living*<sup>®</sup>



### **A happier you begins with a balanced work and family life**

It can be tough to balance work with your home life. But it's important to make sure you're as invested in your personal life and development as you are at work.

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



### **Take time**

You can't always control all the demands on your time. But there are some simple things you can do to make more time for you.

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



### **Think Tank podcast: Having tough conversations**

Communicating isn't always easy, especially when it's talking about difficult things. In this episode, join the podcast crew as they talk about how to have hard conversations.

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



### **Let's Talk: Taking care of you - caregiver stress for dementia**

Dr. Gabby Cora explores what steps to take if a loved one starts showing possible signs of Alzheimer's or dementia.

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



### **Mindful Moment: The importance of balance**

A healthy sense of balance improves your feelings of well-being. Learn ways you can create better balance and find more meaning in each day.

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



### **Survey results: What's your passion?**

Many people feel passionate about artistic pursuits. Others love learning about scientific discoveries and how the world works. We asked readers to share what they're passionate about. [Here's a sample of the responses we received.](#) We hope you find them interesting and inspiring as we did.

Thank you to everyone who took the time to respond. Look for a new survey in next month's newsletter.

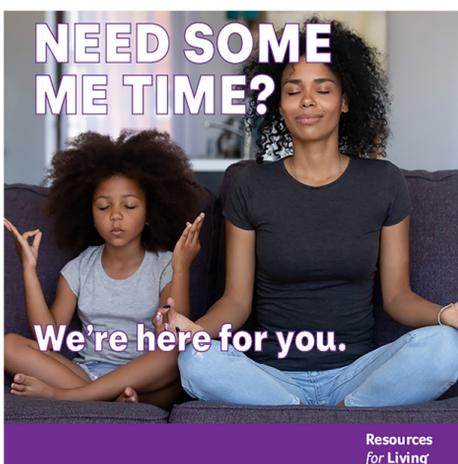


### **Upcoming webinars**

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 October webinars](#)

[View November webinars](#)



**NEED SOME  
ME TIME?**

**We're here for you.**

Resources  
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**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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