Finding joy
There's a lot of talk about finding your passion. At its core, finding your passion is about making sure you find some joy every day.
**Read more...**

Reach out for support
If you’re struggling right now and having suicidal thoughts you may feel alone. But there is help available.
**Read more...**

Think Tank podcast: Youth suicide awareness and prevention
Suicide attempts and ideation are on the rise for those between the ages of 10-24. Listen in as Amy Hopkins and Sara Miscannon talk about what we can do to prevent adolescent suicide.
**Listen to this month’s podcast...**

Mindful Moment: What’s your spark?
Finding something you’re really passionate about can help unleash your creative energy, joy and enthusiasm. Let your sparks fly!
**Listen to this month’s Mindful Moment...**

Survey: What’s your passion?
Many people feel passionate about artistic pursuits. Others love learning about scientific discoveries and how the world works.
Let us know what you’re most passionate about. We’ll share a sample of reader responses 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.

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.