

Rebuild: Discover your talents



Resources for Living®



You can choose your talents

You may be born with gifts that make certain things easier for you than for others, but talent still needs to be practiced and developed. And you can get good at things that are tough for you at first.

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



Drug overdose awareness

Every August 31st is International Overdose Awareness Day. It's important to take action all year round to increase awareness, talk about stigma and prevent further losses from drug overdose.

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



Think Tank podcast: Nutritious eating

Eating healthy improves your health and your mood. In this episode, listen to the podcast squad talk about healthy eating and tips to stay on track.

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

[Read the transcript...](#)



Let's Talk: Taming fears

Setting and reaching for new goals can be scary. Naming your fears can help you tame them and take that first step toward growing and finding a new adventure.

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

[Read the transcript...](#)



Mindful Moment: Developing hobbies

Find your "flow" to overcome stress and become inspired in your daily life by developing hobbies that are satisfying to you.

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



Podcast: Experiences with coming out

Listen to personal experiences about the challenges and rewards of coming out.

[Listen to the podcast...](#) |

[Read the transcript...](#)



Survey results: What would you tell your younger self?

We asked if you could travel back in time and give yourself one piece of advice, what would it be and why?

Thank you to everyone who responded. **As you can see from this sample**, your responses reflected your hard-won wisdom. We'll feature 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 August webinars](#)

[View September 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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