

## Rebuild: Explore new ideas

# Resources for Living®



### Continued learning is good for your wellbeing

Every day brings opportunities to learn something new. Being a lifelong learner can enrich your life and help those around you with your newfound knowledge.

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



### July is Black, Indigenous, and people of color (BIPOC) Mental Health Month

BIPOC Mental Health Month promotes awareness of the unique struggles minority communities face with mental illness.

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



### Think Tank podcast: Be the real you

Being your authentic self, while scary at times, is an important part of self-discovery, confidence and personal happiness.

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



### Let's Talk: The importance of play

We often associate the word "play" with children. But did you know that play has health benefits for adults, too?

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



### Mindful Moment: Ways to brainstorm

Have you ever felt stuck in a rut, had trouble making a decision or struggled to come up with a good idea? Try this quick exercise to help generate ideas and organize your thoughts.

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



### Survey: What would you tell your younger self?

How many times have you learned something new and thought, "I wish I knew that years ago!" What if you could have?

If you could travel back in time and give yourself one piece of advice, what would it be and why? What would be different if you had known? [Let us know here](#). We'll share selected 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 July webinars](#)

[View August 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.

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.