

Restore: Reach out

Resources for Living®



Feeling disconnected?

Sometimes just a short conversation with a friend or loved one can give your emotional wellbeing a boost.

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



Mental Health Awareness Month: Addressing stigma

Stigma around mental health issues can keep people from reaching out for support, even when treatment can help them feel better.

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



Think Tank podcast: Talking to someone about grief and loss

Grief can be a complicated emotion, and people feel and process it in many different ways. That can make it tough to talk about with others. This month, Amy Hopkins and Alex Camire share their thoughts on this universal experience.

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



Let's Talk: Mental illness recovery

Recovering from a mental illness is a personal journey that can help you change your focus and make positive changes. Aimee Prange talks about what it means to have a mental illness as well as what intervention and treatment may look like.

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



Mindful Moment: Mental wellbeing is a team sport

Feeling lonely or isolated can take a toll on your emotional wellbeing. Working on your mental wellbeing with others you care about can help you overcome barriers and feel better.

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



Survey: How do you care for you?

Building resilience is important. It protects your emotional wellbeing from everyday stresses as well as short- and long-term challenges.

How do you water the garden of your emotional wellbeing? **Let us know** and we'll share a selection of the responses we receive 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 May webinars](#)

[View June webinars](#)

THINGS GETTING OUT OF CONTROL?



We're here for you.

Resources for Living

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.

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