

## Rebuild: Spark your passion

### Resources *for Living*



#### 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...](#) | [En Español...](#)



#### 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...](#) | [En Español...](#)



#### 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...](#) |  
[Read the transcript...](#)



#### Let's Talk: Cooking with Culley

Have you ever had a healthy meal and felt achy with hunger or just simply unfulfilled after eating it? Let's talk about simple ways you can make a healthy diet satisfying and delicious so you never feel like you're left longing for more.

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



#### 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!

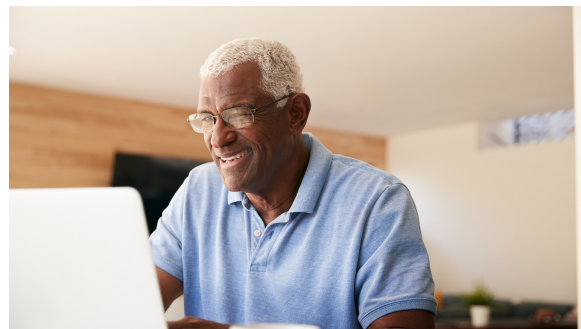
[Listen to this month's Mindful Moment...](#) | [Read the transcript..](#)



#### 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.

[View September webinars](#)

[View October 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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