

Connect with yourself

Think



The value of self-awareness

Being self-aware helps you foster a deeper connection with yourself and a better understanding of the people around you. If it doesn't come naturally to you, don't worry. You can work on increasing your self-awareness. A few tips can help.

[Read more...](#) | [En Español..](#)



Monthly awareness: January is National Mentoring Month

If there's room on your list of New Year's resolutions, consider becoming a mentor. Or if you're new to your field or branching out in a new direction, it could be a good time to look for a mentor.

[Read more...](#) | [En Español..](#)

Share your thoughts by January 31 for a chance to win a \$25 gift certificate!

Take a moment to provide feedback on our member website and tell us how you want to receive communications. As a thank you for taking the time to share, you can enter your e mail address for a chance to win one of ten \$25 gift cards!

[Take the survey >](#)



Think Tank podcast: Ending long-term relationships

The narratives we often see portray relationships and marriage as positive and long-lasting. And it's great that many couples do stay and grow together. But if your romance doesn't end in "happily ever after", how can you process the loss and keep moving forward in life?

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



Let's Talk: How to decrease negative thoughts

Learn about automatic negative thoughts (ANTs) and how making a habit of challenging them can help you boost your emotional well-being.

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



Mindful Moment: Check in with yourself

Making time to check in with yourself each day can increase your self-awareness, provide inspiration and fuel your mind and body throughout your day.

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



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 January webinars](#)

[View February 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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