Looking back, being present and looking forward

While many messages we receive encourage us to focus on the now, there are benefits to looking back and forward, too.

Monthly awareness: Mental health checkups

Mental health symptoms may be as easy to spot as physical ones. Checking in with your provider can help you. (Guest) If you can use some emotional support.

Think tank podcast: Choosing a meaningful life

What does it mean to find meaning in your life? There are some tools that can help you find new ways to go about it.

Let’s Talk: The family impact of substance misuse

Addiction doesn’t just affect the person with a drug or alcohol problem. It’s called a family disease because it also impacts everyone who cares about them.

Mindful Moment: SMART goals

SMART is an acronym that stands for Specific, Measurable, Attainable, Relevant and Time-bound. Learn how making your goals SMART can lead to real outcomes.

Survey: What’s new?

Have you started a new habit or hobby? Or maybe you’re working on staying more connected with your loved ones? Let us know how the year’s starting out for you. We’ll share reader responses in the next newsletter.

Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. You’ll also discover a library of webinars you can view at any time. Log into your member portal and click on “Upcoming webinars” under “Today I want to” or go to Tools > Webinars > Upcoming webinars to register.

For help with personal or workplace issues, call the access phone number or check your website. These confidential services are available 24/7/365 to you, your eligible household members and adult children living away from home up to age 26.

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