

**Reflect:
Celebrate!**

Resources *for Living*



Celebrate your way

Somewhere along the way, a lot of work has been added to how we celebrate the holidays. We've put together some ideas that can lower your stress this year.

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



Monthly awareness: Dealing with loneliness during the holidays

If you or someone you care about is struggling with loneliness this holiday season, these tips can help.

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



Think Tank podcast: The power of paying it forward

Small gestures can make a big difference. Listen as we discuss the significance of kindness, the importance of giving back and paying it forward.

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



Let's Talk: Surviving holiday traditions

The holidays are a wonderful time of year, but they can be stressful too. Here are a few suggestions that may help your holiday season be more enjoyable.

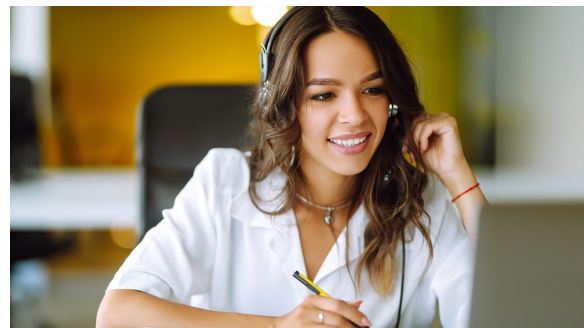
[Watch the video to learn more...](#) | [Read the transcript...](#)



Mindful Moment: Recognizing your successes

Healthy celebrations help us acknowledge our successes. When you complete a task or reach a goal, take a moment to celebrate.

[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 December webinars](#)

[View January webinars](#)



**WHEN
NO ONE
ELSE
WILL
LISTEN**

**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 our 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.