

Resources for Living®



Focus on self-care: Encourage positive thoughts

It doesn't have to be a struggle to think more positively. It could be as simple as spending time doing things that recharge you. Try devoting just 20 minutes a day and see how much of a difference it can make. This month's resources can give you ideas to help elevate your thoughts and your well-being.

Things to know in August:

- ✓ August 9 is International Day of World Indigenous People
- ✓ National Wellness Month: self-care



National Wellness Month: self-care

Learn self-care tips in key areas of life to help you feel



Negative thoughts and how to manage them

We all have negative thoughts. Learn why and how to change



Disconnect to connect

Taking time to unplug can help us reconnect to what

better and boost well-being.

them.

matters most.

[Read the article](#)

[Listen to podcast](#)

[Watch the video](#)

Life's Moments



Victories, big and small

Going from baby steps to leaps and bounds and celebrating every moment in between—the good, the bad, and the blisters.

[Read the blog](#)

Mindful Moment



Practice positive self-talk

Speaking to yourself with compassion can reduce stress and increase resilience.

[Listen](#)



September webinars

Register today for upcoming webinars:

- Trauma and stress recovery
[Sept 5 @ 3 p.m. ET / 12 p.m. PT](#)
- Understanding postpartum depression
[Sept 10 @ 3 p.m. ET / 12 p.m. PT](#)



Mind Companion Self-care

Want to make positive changes in your life?

Your thoughts impact how you feel and ultimately what you do. Learn approaches to cultivate more positive thinking to improve your overall well-

- **Getting unstuck: breaking old habits**
[Sept 19 @ 3 p.m. ET / 12 p.m. PT](#)
- **What parents need to know about teen suicide**
[Sept 26 @ 3 p.m. ET / 12 p.m. PT](#)

[View calendar](#)

being with Mind Companion Self-care.

[Learn more](#)

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