

Resources for Living®



Focus on self-care: Take time for you

When life gets busy, it can be easy to put your own personal pick-me-ups at the bottom of your to-do list. But self-care should be among your top priorities. It helps you stay healthy and be the best version of you. So if you feel selfish for taking time for you, keep in mind that everyone you know stands to benefit from it. This month's resources can help you focus on self-care.

Things to know in July:

- ✔ Disability Pride Month
- ✔ Black, Indigenous and People of Color (BIPOC) Mental Health Month



Make a difference to children month

This awareness month shines light on the importance of supporting and guiding children.



Let's get organized

Listen in as Amy, Brig and Emily discuss ways to get organized.



Small moments matter

Sometimes it's the little things that give meaning to life.

[Read the article](#)[Listen to podcast](#)[Watch the video](#)

Life's Moments



Live your life

In this blog post, Emily shares what it's been like turning 35 and thinking deeply about what matters most.

[Read the blog](#)

Mindful Moment



Navigating grief and loss

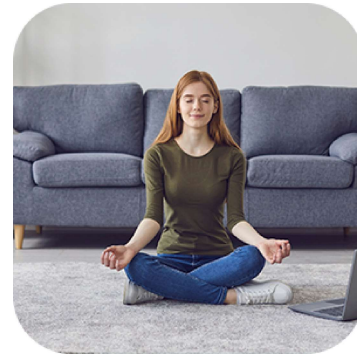
Learn ways to cope when dealing with loss.

[Listen](#)

August webinars

Register today for upcoming webinars:

- **Understanding social anxiety**
[Aug 1 @ 3 p.m. ET / 12 p.m. PT](#)
- **Put down the gloves: tips for fighting fair**
[Aug 15 @ 3 p.m. ET / 12 p.m. PT](#)
- **Strengthening your relationship through life's challenges**
[Aug 22 @ 3 p.m. ET / 12 p.m. PT](#)



Mind Companion Self-care

**Feeling stressed?
Self-care can help.**

Try a relaxation exercise with Mind Companion Self-care for better well-being today.

Mind Companion Self-care is a digital self-paced mental well-being program that can give you support where and when you need it. Sign up or log in to get

- **Becoming your own best friend**
[Aug 29 @ 3 p.m. ET / 12 p.m. PT](#)

started.

[View calendar](#)

[Learn more](#)

**We're here for you and your household members
24/7. Visit us online or call anytime.**

**Brought to you by:
Resources for Living**

(888) 439-7327 (TTY: 711)

[Visit your member website](#)

Username: ladwp

Password: eap

**Resources
for Living®**

This mailbox is unmonitored. Please do not reply to this e-mail.

You are receiving this because you have elected to communicate with Resources For Living through email. If you no longer wish to receive these particular messages via email, you may [unsubscribe](#) at any time.

This e-mail 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.

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.

©2024 Resources For Living
2894963-49-01-RFL (06/24)