

Resources for Living®



Focus on balance: Discover daily purpose

A lot of times when people think about their purpose they think in terms of a “life purpose” – a calling that gives meaning to their actions, hopes and dreams. Daily purpose can add a sense of meaning to each present moment. And it can change as you move through different stages in your life. This month’s resources can help you think around your daily purpose.

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

(888) 439-7327 (TTY: 711)

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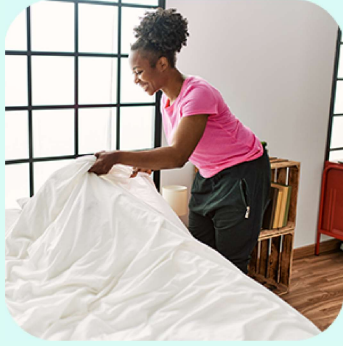
[View the monthly features](#)

Need help reaching your personal goals?

Mind Companion Self-care can help you stay on track, improve your focus and enhance your productivity by giving you tools to help you reach your goals.

[Learn more](#)





Life's Moments

The comfort of habits

When life gets stressful or busy, it's easy to put off the basics of self-care. But sometimes, all you need is a good flossing session or freshly made bed to keep you feeling grounded.

[Read the blog](#)



Social media's footprint in our lives

The good and bad of social media and how to keep it all in perspective.

[Watch the video](#)



Rise and shine

Learn tips to meet each day with energy and purpose.

[Watch the video](#)

July webinars



Register today for upcoming webinars:

- **Pet parenting 101**
[July 2 @ 3 p.m. ET / 12 p.m. PT](#)
- **Communicating with teens**
[July 11 @ 3 p.m. ET / 12 p.m. PT](#)
- **Hobbies: good medicine for the mind and body**
[July 18 @ 3 p.m. ET / 12 p.m. PT](#)
- **Making stress your friend**
[July 23 @ 3 p.m. ET / 12 p.m. PT](#)

[Download the webinar calendar](#)

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