

Wellness within reach

2025



Inspiration within reach

| | January Mind | February Body | March Growth |
|--|-------------------------------|---|---|
| Monthly feature | Mental wellness | Eating disorder awareness | Anxiety |
| Webinar | Exercise and mental health | Becoming aware of your emotional intelligence | Ready, set, relax |
| Podcast: Think Tank | Day-to-day mindfulness | Body image and its impact | Adulting: do I have to? |
| Let's Learn | 5 ways to practice optimism | Moving more for mental wellness | Your thoughts affect what you feel and do |
| Mindful Moment/ Relaxation exercise | Progressive muscle relaxation | Eat mindfully | Grow from your mistakes |



Help within reach

| | April Explore | May Learn | June Relate |
|--|--|---|---|
| Monthly feature | Stress awareness | Mental Health Awareness Month | National Men's Health Awareness Month |
| Webinar | Balance: relaxation techniques | The company you keep: the impact of your inner circle | Powerful parenting |
| Podcast: Think Tank | Building meaningful connections | Understanding anxiety and ways to cope | Dating in midlife |
| Let's Learn | How your mind and body react to stress | 3 signs your teen is struggling | 5 ways to reduce loneliness and increase connection |
| Mindful Moment/ Relaxation exercise | Finding the positives | Breathe deep. Stress less. | Healthy habits |

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Balance within reach

| | July Play | August Recharge | September Focus |
|--|---------------------------------------|---|---|
| Monthly feature | BIPOC Mental Health Month | Overdose Prevention and Awareness Month | National Suicide Prevention and Awareness Month |
| Webinar | Adapting to change at work | Making time for me: finding work/life balance | Mental health: best practices at work |
| Podcast: Think Tank | Let's play | The importance of rest | Shoulda, coulda, woulda |
| Let's Learn | 6 tips to build healthy gaming habits | Practicing self-compassion | How to do guided imagery |
| Mindful Moment/ Relaxation exercise | Time out | Trust the "process" | Find your center |



Connection within reach

| | October Inspire | November Appreciate | December Reflect |
|--|--|---|---------------------------------------|
| Monthly feature | National Bullying Awareness Month | National Veterans and Military Families Month | Identity theft awareness |
| Webinar | The power of paying it forward | The impact of gratitude | Transitions: paths to personal growth |
| Podcast: Think Tank | Finding inspiration through creativity | Learning to be kind to ourselves | Celebrating your path to the present |
| Let's Learn | 5 ways to manage your emotions | 7 ways to build resilience | Sleep importance |
| Mindful Moment/ Relaxation exercise | Coping with anger | Gratitude | A peaceful place |

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