

# Wellness within reach

2025



## Inspiration within reach

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



## Help within reach

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



# Balance within reach

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



# Connection within reach

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

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