

Resources *for Living*®



Focus on self-care: Encourage positive thoughts

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

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.

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