



## Resources *for* Living®

### Connect with others: Build

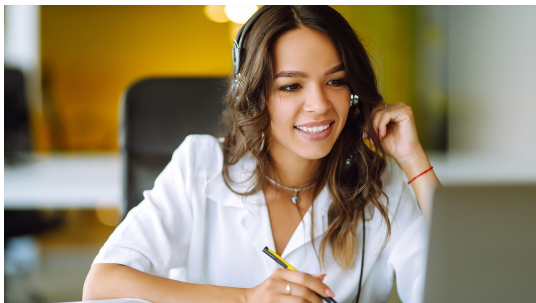
Positive connections can help us through tough times and make our best days even better. But they don't happen by accident. It takes energy and effort to learn and grow with the people in your circle.

This month, find tips to help you build and sustain positive relationships, nurture your child's self-esteem, focus on social wellness and more.

*Need a little support?*

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

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#### August webinars

Register today for upcoming webinars:

- **Supporting a loved one through the job search**  
[Aug 10 @ 3 p.m. ET / 12 p.m. PT](#)
- **Working as a team with your child's teachers**  
[Aug 17 @ 3 p.m. ET / 12 p.m. PT](#)
- **Letting go of the past: Your life is now**  
[Aug 24 @ 3 p.m. ET / 12 p.m. PT](#)
- **Building healthy in-law relationships**  
[Aug 29 @ 3 p.m. ET / 12 p.m. PT](#)

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#### What is your emotional quotient (EQ)?

Emotional intelligence involves being aware of your feelings and those of others. Discover ways to increase your EQ for better mental health and more fulfilling relationships with others.

[Learn more](#)

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