

# Live Well

SOLUTIONS FOR A GOOD LIFE

# BE HAPPY

I didn't realize how my personal problems were impacting my career. Now things are a lot better at home and at work.



Resources For Living helped me find available childcare that was right around the corner from my house.

Convenient and confidential.  
A benefit provided  
24 hours a day, 7 days a week  
by your employer.

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[www.rfl.com](http://www.rfl.com)



# RESOURCES FOR LIVING WELL . . . . .



## *Resources For Living*

offers solutions for living well at home and at work. We provide confidential support for a variety of concerns, from coping with grief and stress to information and support on financial issues, childcare, relationships, and other life challenges. Our goal is to help you live a happier, more fulfilling life—today and every day.

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### **A Partnership**

At Resources For Living we partner with you to find solutions to life or work challenges. Our consultants offer counseling and support services, help you create solutions and identify resources to address your concerns...and help you live well!

- **Healthy Living**

- Fitness and Nutrition
- Weight Management
- Preventing or Managing Chronic Conditions

- **Self Mastery**

- Overcoming Difficult Emotions
- Conquering Anxiety or Depression
- Handling Stress and Managing Anger

- **Family Care**

- Childcare/Eldercare Options and Resources
- Adoption
- Healthy Pregnancy
- Enhancing Parenting Skills

- **Relationships**

- Developing Healthy Marriages
- Improving Social Relationships
- Resolving Conflict
- Building Stronger Families

- **Everyday Matters**

- Housing Options
- Managing Finances
- Consumer Rights
- Pet Care
- Stress-Free Travel

- **At Work**

- Balancing Work and Family
- Improving Leadership Skills
- Building Effective Teams

### **Easy to use.**

Visit our web site and follow the links for information and resources arranged by topic. You'll find resources, articles and links, childcare and eldercare locators, assessments, planning tools, plus tools to support health and wellness. For immediate help or one-on-one support, call our toll-free number and connect with one of our trained consultants.

### **Confidential. Convenient.**

With the right tools and information, individuals can overcome a variety of challenges. Our resources are easily accessible online or by phone. Services are confidential and offered to you and your family members as a benefit from your employer. There is no charge and no limit to the number of times you may access this resource.

