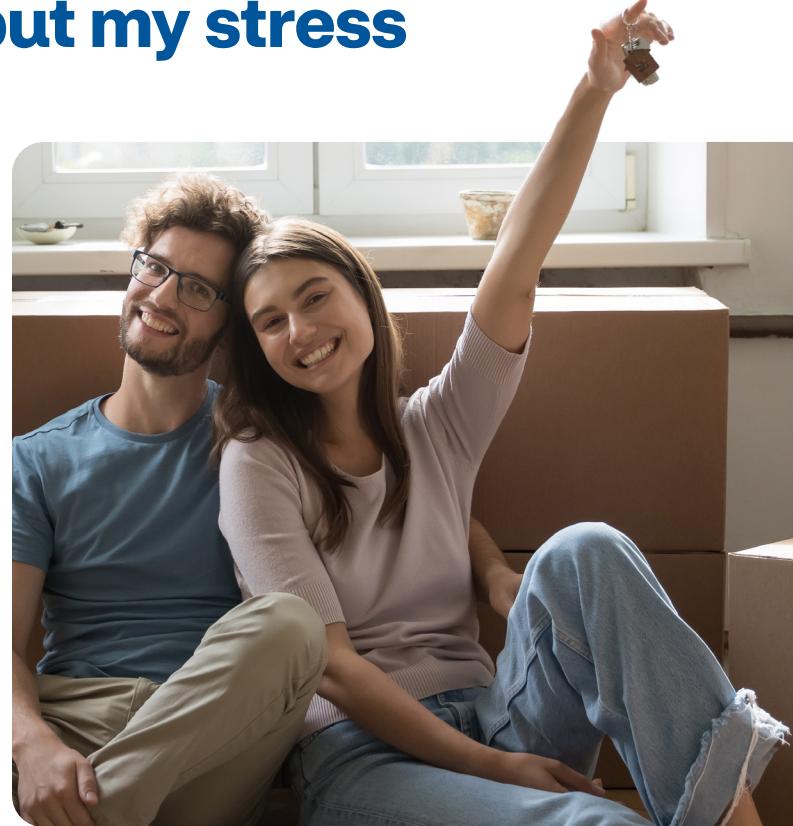


**“I got married, moved and started a new job all in the same month. I’m happy about these life changes, but my stress level went through the roof.”**

I’m happy but getting to know new neighbors, bonding with coworkers while learning a new job and spending every weekend with the in-laws is... a lot! I was doing okay with the increased activity until one day out of nowhere I just started feeling on edge and it didn’t go away after a good night’s sleep.

A coworker told me about Resources for Living. I called and a counselor listened to me in the moment. I told her about my new normal and mentioned I’m an introvert and she asked if I was getting enough alone time to recharge. Turns out, I wasn’t. The counselor helped me figure out how to fit more self-care into my busy schedule. I made a plan to spend 10 minutes a day walking and listening to my favorite music. And you know what? It really helped!



**“Thank you, Resources for Living, for being there for me around the clock and as often as I can use your expert support.”**

For legal disclaimers, visit [rfl.com/Disclaimers](https://rfl.com/Disclaimers).

©2024 Resources for Living  
3197949-01-01-RFL (5/24)

**Resources for Living®**