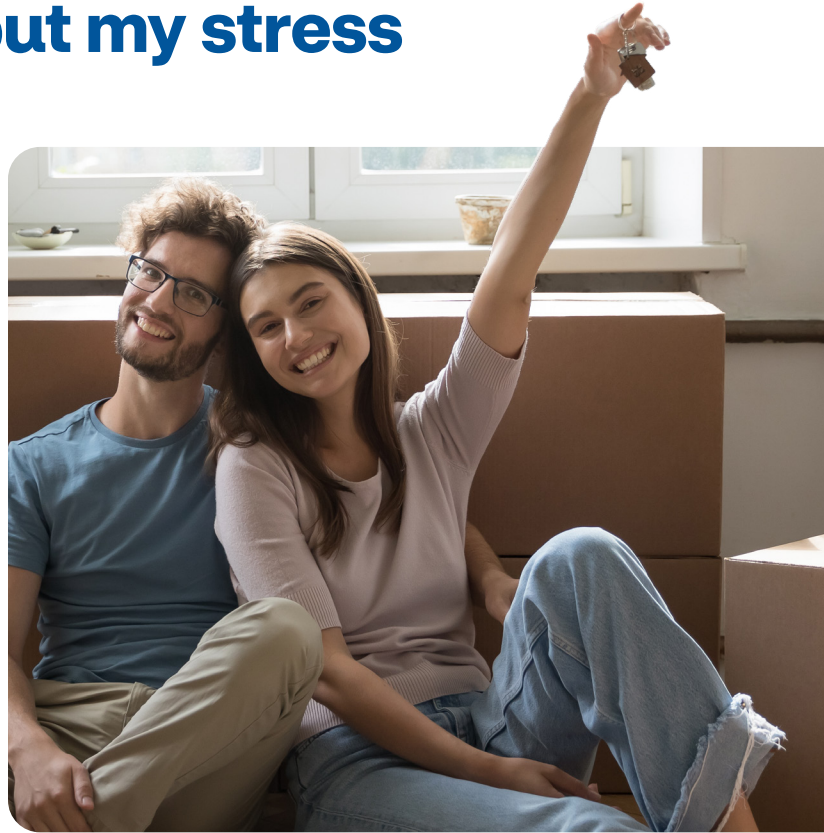


“I got married, moved and started a new job all in the same month. I’m happy about these life changes, but my stress level went through the roof.”

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.”

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