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Focus on self-care: Encourage positive thoughts

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.

Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

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