

MEET THE MOMENT

2026



BE PRESENT	January Set your intentions	February Practice mindfulness	March Live with purpose
Monthly awareness	Mental wellness	Heart health	Sleep awareness
Well-being worksheet	Develop a self-care plan	Mindfulness reset	Simple ways to save
Podcast: Think Tank	Start here: self check-in	Finding balance	The impact of a growth mindset
Press Pause - relaxation exercise	Be present in the moment	Mindful breathing exercise	Inner light
Webinar	Investing in yourself through personal growth	Mindfulness in the workplace	Looking within: finding your inner leader

TAKE THE FIRST STEP



	April Choose your path	May Learn and grow	June Simplify the journey
Monthly awareness	Stress awareness	Mental Health Awareness Month	LGBTQ+ Pride Month
Well-being worksheet	Stretch outside your comfort zone	Journaling for mental wellness	Coloring for stress management
Podcast: Think Tank	Letter to your younger self	Men and mental health	What's for dinner? Making decisions
Press Pause - relaxation exercise	Guided imagery	Find inspiration everyday	Sunset at the lake
Webinar	Don't wait for Monday: Get motivated now	Top 10 thinking errors that keep you stuck	Wellness for busy people

PAUSE AND REFLECT



	July Nurture your well-being	August Adapt to change	September Check in on you
Monthly awareness	BIPOC Mental Health Month	Make a will month	National Suicide Prevention and Awareness Month
Well-being worksheet	Assessing your work/life balance	What's within your control	5-4-3-2-1: a grounding exercise
Podcast: Think Tank	Moving through grief	Tips for better communication	Treating yourself with compassion
Press Pause - relaxation exercise	Self-confidence boost	Oceanview: a different perspective	Resilience lift
Webinar	Stop and smell the roses: finding joy in life	How small changes lead to big results	Managing the mental load

CELEBRATE GROWTH

	October Recognize your progress	November Strengthen connections	December Keep going, keep growing
Monthly awareness	Depression and mental health screening	Family caregivers	National Grief Awareness Week
Well-being worksheet	Assertive communication	Relationship check-in	Exploring gratitude
Podcast: Think Tank	Knowing your personality profile	Reconnecting with your partner	Perfectionism: not all it's cracked up to be
Press Pause - relaxation exercise	A walk in the woods	The joy of pets	Peaceful snowflakes
Webinar	Intuition: hearing and trusting your inner voice	Nurturing friendships	Increase well-being one "burst" at a time

We're here to help you meet the moment in 2026.

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