**Managing stress**

7th April is World Health Day. This month, we offer tips and tools for managing stress and protecting your overall health and wellbeing.

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| **In this month’s engagement toolkit, you’ll find:**  A **featured article** on self-help stress management tips  A **featured article** on controlling what you can do to manage the stress in your life  A **featured article** on the mental health benefits of pets  An **interactive** stress-relieving colouring activity  A **recipe** for making stress-relieving playdough  **Member training course ‘**How to manage stress better**’**  **Manager training resources, including the podcast ‘**Supporting prevention and reversal of burnout in the workplace**’** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – connect with up-to-date content that focuses on a new topic every month. |
|  | **More resources** – get access to additional resources and self-help tools. |
|  | **Content Library** – ongoing access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think may find the information meaningful. |