**Managing stress**

April 7 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:**  **Featured article** on self-help stress management tips  **Featured article** on controlling what you can to manage the stress in your life  **Featured article** on the mental health benefits of pets  **Interactive** coloring stress-relief activity  **Recipe** for making stress-relieving playdough  **Member training course “**How to better manage stress**”**  **Manager training resources, including the podcast “**Supporting prevention and reversal of burnout in the workplace**”** |

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

**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 favorite content. |
|  | **Support for everyone** — Share toolkits with those you think might find the information meaningful. |