**Managing stress, anxiety and panic**

7th April is World Health Day. This month, discover proven, practical and fun ways to relieve stress, ease your mind and nurture calm.

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| **In this month’s engagement toolkit, you’ll find:****Featured articles** on:* What stress is and practical ways to manage it
* Creative and fun ways to ease your mind
* The history of World Health Day and tips for honouring its mission
* How to recognise and address a panic attack
* Tips for easing daily stress

**‘How-to’ activities for easing your mind:*** ‘Inhale and sigh’ breathing technique
* ‘Colouring your way to calm’ worksheet

**Member training** **course** ‘Understanding anxiety’.**Manager training resources**, including ‘How leaders can reduce stress and burnout while promoting resiliency in employees’. |

[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. |