**Managing stress, anxiety and panic**

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

|  |
| --- |
| **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 honoring its mission * How to recognize and address a panic attack * Tips to ease daily stress   **“How-to” activities for easing your mind:**   * “Inhale and sigh” breathing technique * “Coloring 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-US)

**What to expect each month:**

|  |  |
| --- | --- |
|  | **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. |