**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.

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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 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:**

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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. |