**Managing stress**

Life can be stressful, especially when it comes to managing finances and relationships. This month, we will look at ways to improve your relationship with money and people.

|  |
| --- |
| **Included in this month’s engagement toolkit you will find:**  **Colouring sheet to help de-stress**  **Strategies for improving your finances**  **Tips for managing relationship stress**  **Tools for coping with stressful situations** |

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

**What to expect each month:**

|  |  |
| --- | --- |
|  | **Latest topics** – Engage 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** – Continued access to your favourite content |
|  | **Support for everyone** – Share toolkits with those you think might find the information useful |

\* WHO, “Adolescent Mental Health.”   
<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health> Accessed 3 Nov 2022