**Stress and anxiety**

Simplifying your life and resetting expectations can help ease stress and anxiety. This month we look at stress-relieving ways to streamline your important tasks, think more positively and calm your mind.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article on strategies for thinking more positively**  **Worksheet for reviewing and prioritising commitments**  **Video: How to Give Yourself a Break**  **Member training course: How to Simplify Your Life**  **Manager training resources, including the podcast: Simplify Your Leadership Life and De-Stress Your Workplace** |

[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 might find the information helpful |