**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 to-dos, 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 prioritizing 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-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. |