**Prep and reset for the new year**

This month, explore resources to celebrate your achievements from the past year, set optimistic intentions, and manage expectations and boundaries to enhance mental health and wellbeing in the year ahead.

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| **In this month’s engagement toolkit, you’ll find:**  A **featured article** on nurturing a positive mindset.  A **featured article** on managing expectations for Christmas and special occasions.  **Quick-hit tips** for setting healthy boundaries.  **Fun tips** for do-it-yourself gift ideas.  A **worksheet** for reflecting on the past year and setting intentions for the new year.  A **link** for members to download and access the Calm app to help manage stress.  **Member training course** ‘Self-care: Small changes for positive results’.  **Manager training resources**, including ‘Review-Rest-Renew for 2025’. |

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

**What to expect each month:**

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|  | **Latest topics** – discover 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** – get ongoing access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think might find the information helpful. |