**Mind–body connection**

Mental health disorders are common globally. This month, we focus on how nurturing your brain and improving your self-worth can help improve mental health and well-being.

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| **In this month’s engagement toolkit, you’ll find:****Featured articles** on how to nourish your gut to support your mental health and on improving your self-worth to improve your quality of life**Worksheet** for taking a snapshot of your brain–gut connection**How-to video** on bodyweight exercises you can do at home**Tips** on simple activities to keep your brain healthy**Member training course “**Mindfulness**”****Manager training resources, including the podcast “**Leadership supporting self-esteem and the mind-body connection**”** |

[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. |