**Mind-body wellness connection**

This month, explore resources designed to support your mind-body connection, empowering you to build healthy self-care habits and discover the joy in daily life.

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| **In this month’s engagement toolkit, you’ll find:**  A **featured** **article** on the crucial connection between mental and physical wellness  An **interactive guide** to creating a plan and challenging yourself to achieve better sleep  An **interactive guide** to building a routine that enhances your mental wellbeing  A **worksheet** for reviewing the relationship between your gut and your mental health  **Tips** on finding the ‘glimmers’ of joy in life and taking steps to reset  A **video** on how to practise yoga in a chair  **Member training** **course** ‘Move to improve mental health’  **Manager training** **resources,** including ‘Collaboration fosters a healthy work culture’ |

[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** – enjoy ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those who you think might find the information meaningful |