**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:**  **Featured article** on the crucial connection between mental and physical wellness  **Interactive guide** to create a plan and challenge yourself to achieve better sleep  **Interactive guide** to build a routine that enhances your mental wellbeing  **Worksheet** for reviewing the relationship between your gut and mental health  **Quick-hit tips** on finding the “glimmers” of joy in life and taking steps to reset  **Video** on how to practice 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-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** **–** Enjoy ongoing access to your favorite content |
|  | **Support for everyone** **–** Share toolkits with those you think might find the information meaningful |