**Anxiety and panic**

This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings — and how to manage them.

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| **In this month’s engagement toolkit, you’ll find:****Featured article** on why experiencing a little anxiety from time to time may help you**Featured article** on strategies for coping with and healing from racial trauma**Featured article** on what panic attacks are and how to get through them**How-to videos** on breathing techniques for managing anxiety and finding calm**Interactive methods** for coping with anxious thoughts and feelings**Quick guide** on what anxiety is**Link** for members to easily access their benefits portal**Member training course** “Understanding anxiety”**Manager training resources**, including “Anxiety and panic: Triggers and tools” |

[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. |