**Anxiety and panic**

This month, we’re sharing 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:**  A **featured article** on why experiencing a little anxiety from time to time may help you  A **featured article** on strategies for coping with and healing from racial trauma  A **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 techniques** for coping with anxious thoughts and feelings  A **quick guide** on what anxiety is  A **link** for members to easily access their benefits portal  **Member training** **course** ‘Understanding anxiety’  **Manager training** **resources**, including the podcast ‘Anxiety and panic: Triggers and tools’ |

[View toolkit](http://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** – ongoing access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think might find the information helpful. |