**Calming anxiety**

Mental health awareness is important. This month, take a moment to notice signs that anxiety, stress and worry may be hurting your quality of life. Also, explore coping strategies.

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| **In this month’s engagement toolkit, you’ll find:**  **A worksheet for help coping with anxiety**  **A calming 4-7-8 breathing technique video and article**  **A guided meditation**  **Training tools to help yourself and others with anxiety** |

[View toolkit](https://optumeap.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 meaningful. |

\* WHO, “Adolescent Mental Health.” <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health> Accessed 3 Nov 2022