**Mental health awareness**

This month’s toolkit is about turning mental health awareness into action. Explore resources, strategies and steps you can take to manage feelings, thoughts and behaviors, and improve your overall wellbeing.

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| **In this month’s engagement toolkit, you’ll find:**  **Featured article** on how to take action to support your mental health.  **Worksheet** to help you outline and achieve your goals step by step.  **Worksheet** to guide you through identifying and setting healthy boundaries.  **Quick guide** for building mindful living practices into your day.  **Conversation cards** to help foster children feel welcome.  **Podcast** “Why We Do Therapy” with tips for finding a therapist right for you.  **Member training course** “Mindfulness.”  **Manager training resources**, including How to lead through crisis & workplace disruption. |

[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. |