**Mindfulness and Movement**

This month, learn why mindfulness and movement are so important for your health and well-being, and how to incorporate both into your daily routine.

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| **Included in this month’s engagement toolkit you will find:**  **Tip sheet** on setting mindful intentions in the new year  **Training** on importance of relaxation and how to insert relaxation practices into your daily life  **Series of mindfulness courses** on how to make mindfulness a way of life from practicing in conversations, to waiting in line, or even walking down the hall  **Article** on the stress/relaxation relationship and types of relaxation techniques |

[View toolkit](https://optumeap.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** – Continued access to your favorite content |
|  | **Support for everyone** – Share toolkits with those you may think find the information meaningful |