**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 the importance of relaxation and how to insert relaxation practices into your daily life**Articles** on relieving stress via yoga, how to stretch your comfort zone and tips for increasing mindfulness throughout the day |

[View toolkit](https://optumeap.com/newthismonth/en-GB)

**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 favourite content |
|  | **Support for everyone** – Share toolkits with people who you think will find the information meaningful |