

## Monthly engagement toolkit is live | April 2025 Managing stress, anxiety and panic

Hello,

April 7 is World Health Day. This month, discover proven, practical and fun ways to relieve stress, ease your mind and nurture calm.

### Instructions:

1. Access the toolkit [here](#) using your organization's liveandworkwell.com (LAWW) access code.
2. Review this month's engagement toolkit, which includes:
  - **Featured articles on:**
    - What stress is and practical ways to manage it
    - Creative and fun ways to ease your mind
    - The history of World Health Day and tips for honoring its mission
    - How to recognize and address a panic attack
    - Tips to ease daily stress
  - **"How-to" activities for easing your mind:**
    - "Inhale and sigh" breathing technique
    - "Coloring your way to calm" worksheet
  - **Member training course** "Understanding anxiety."
  - **Manager training resources**, including "How leaders can reduce stress and burnout while promoting resiliency in employees."
  - **Social media post templates** to help promote this month's health and wellness topic among your employees. Feel free to share on your internal communication platforms and via your own LinkedIn accounts as appropriate.
3. Share this information with your organization using the member communication.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In May, we will share wellbeing resources that focus on mental health awareness.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you!