anxiety. This month, we look at stress-relieving ways to streamline your to- dos, think more positively and calm your mind.

In this month’s engagement toolkit, you’ll find: Featured article on strategies for thinking more positively Worksheet for reviewing and prioritizing commitments Video “How to Give Yourself a Break” Member training course “How to Simplify Your Life” Manager training resources, including the podcast “Simplify your leadership

life and de-stress your workplace” View toolkit What to expect each month: 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.