

Stress and anxiety

Simplifying your life and resetting expectations can help ease stress and 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.