

## Monthly engagement toolkit is live | July 2024 Anxiety and Panic

Hello,

This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings, and how to manage them.

### 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 article** on why experiencing a little anxiety from time to time may help you.
  - **Featured article** on strategies for coping with and healing from racial trauma.
  - **Featured article** on what panic attacks are and how to get through them.
  - **How-to videos** on breathing techniques for managing anxiety and finding calm.
  - **Interactive methods** for coping with anxious thoughts and feelings.
  - **Quick guide** on what anxiety is.
  - **Member training course** "Understanding anxiety".
  - **Manager training resources**, including the podcast "Anxiety and panic: Triggers and tools".
  - **Link** for members to easily access their benefits portal.
  - **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.

In August, we will share wellbeing resources that focus on youth mental health. Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you,