

# Mental health awareness

Looking after yourself matters, especially when you're caring for loved ones. This month, we offer tips and tools for understanding how you feel, so you can manage your emotions and take better care of yourself and others.

## In this month's engagement toolkit, you'll find:

**Featured article** with tips for caregivers on preventing burnout

**Featured article** on coping with the mixed emotions of caregiving for multiple generations

**Featured article** on how to find a therapist that's right for you

**Worksheet** for finding a better headspace for your workweek

**Member training course** "Supporting mental health concerns with friends and family"

**Manager training resources, including** "Mind your mind: Mental Health in the 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.