

Managing stress

April 7 is World Health Day. This month, we offer tips and tools for managing stress and protecting your overall health and wellbeing.

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

Featured article on self-help stress management tips

Featured article on controlling what you can to manage the stress in your life

Featured article on the mental health benefits of pets

Interactive coloring stress-relief activity

Recipe for making stress-relieving playdough

Member training course "How to better manage stress"

Manager training resources, including the podcast "Supporting prevention and reversal of burnout 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.