

# Prep and reset for the new year

This month, explore resources to celebrate your achievements from the past year, set optimistic intentions, and manage expectations and boundaries to enhance mental health and wellbeing in the year ahead.

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

**Featured article** on nurturing a positive mindset.

**Featured article** on managing expectations for holidays and special occasions.

**Quick-hit tips** for setting healthy boundaries.

**Fun tips** for do-it-yourself gift ideas.

**Worksheet** for reflecting on the past year and setting intentions for the new year.

**Link** for members to download and access the Calm app to help manage stress.

**Member training course** "Self-care: Small changes for positive results."

**Manager training resources**, including "Review-Rest-Renew for 2025."

[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** – Get ongoing access to your favorite content.



**Support for everyone** – Share toolkits with those you think might find the information meaningful.