

Mind-body wellness connection

This month, explore resources designed to support your mind-body connection, empowering you to build healthy self-care habits and discover the joy in daily life.

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

Featured article on the crucial connection between mental and physical wellness

Interactive guide to create a plan and challenge yourself to achieve better sleep

Interactive guide to build a routine that enhances your mental wellbeing

Worksheet for reviewing the relationship between your gut and mental health

Quick-hit tips on finding the “glimmers” of joy in life and taking steps to reset

Video on how to practice yoga in a chair

Member training course “Move to improve mental health”

Manager training resources, including “Collaboration fosters a healthy work culture”

[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 – Enjoy ongoing access to your favorite content



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

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