

Monthly engagement toolkit is live | January 2025 Mind-Body Wellness Connection

Hello,

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.

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 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 the podcast "Collaboration fosters a healthy work culture".
 - **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.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In February, we will share wellbeing resources that focus on food and mental health.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you,