

## Monthly engagement toolkit is live | January 2026 Mind-body connection

Hello,

This month, explore engaging resources to nurture the powerful partnership between your mind and body and support your overall well-being.

### Instructions:

1. Access the toolkit [here](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
  - **Featured article** with insights on why gut health matters and how to care for it
  - **Interactive worksheet** to figure out how stress shows up for you and make plans to manage it
  - **Fun ideas** for creating your own mood boosters
  - **Quick-hit article** on why staying active is important to your mind and body, with simple ways to get started
  - **30-day challenge** to set movement goals and reach them
  - **FAQ** for donating blood to save lives
  - **Quick insight** "Learn to feed your brain" from Uptime
  - **Member training course** "Move to improve mental health"
  - **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 well-being resources that focus on fueling your body.

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

Thank you,  
Stephanie Muir