

Mind-body connection

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

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

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"

[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.

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