

Monthly engagement toolkit is live | March 2025 Women's Mental Health

Hello,

March 8 is International Women's Day. This month, we explore meaningful ways to support women's mental health and wellbeing, and empower the women in your life and around the world.

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 articles on:**
 - Empowering women in your life.
 - Raising awareness for women's mental health around the world.
 - Accelerating action: The history of International Women's Day.
 - How perimenopause can affect your mental health.
 - Experiencing and coping with eating disorders in midlife.
 - **Interactive worksheet** for appreciation your own value.
 - **Podcast** from the "Until It's Fixed" series on "Figuring out Fertility."
 - **Guide** for women's health resources.
 - **Member training course** "Menopause and mental health".
 - **Manager training resources**, including "How leaders can empower women in the workplace".
 - **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.

In April, we will share wellbeing resources that focus on managing stress, anxiety and panic.

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

Thank you!