

# World Mental Health

October 10 is World Mental Health Day. This month, explore resources to support your own well-being and help build a more open, compassionate world.

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

### Featured articles on:

- Four powerful ways to make your workplace mentally healthier.
- Why talking about mental health matters, and tips for open conversations.
- The importance of checking in on your friends who seem OK.

**Worksheet** to check in on your own well-being.

**Quick-hit guide** on what to put in your mental health emergency kit.

**Interactive** breathing exercise for finding calm.

**Interactive** on ways to ease anxiety and panic.

**Quick insight** "How to manage your anxiety" from Uptime.

**Webinar** from Calm: "In it together: Tackling loneliness and creating connection."

**Member training course** "Supporting mental health concerns with friends and family."

**Manager training resources**, including "Leaders use the Calm app to reduce burnout, stress and build resiliency."

[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.

**Optum**