

## Monthly engagement toolkit is live | December 2024 Prep and Reset for the New Year

Hello,

This month, explore resources to celebrate your achievements from the past year, set optimistic intentions, and manage expectations and boundaries to enhance mental health and wellbeing in the year ahead.

### 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 nurturing a positive mindset.
  - **Featured article** on managing expectations for holidays and special occasions.
  - **Quick-hit tips** for setting healthy boundaries.
  - **Fun tips** for do-it-yourself gift ideas.
  - **Worksheet** for reflecting on the past year and setting intentions for the New Year.
  - **Member training course** "Self-care: Small changes for positive results."
  - **Manager training resources**, including the podcast "Review-Rest-Renew for 2025."
  - **Link** for members to download and access the Calm app to help manage stress.
  - **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 launch a new member toolkit each month with updated content and resources. In January, we will share wellbeing resources that focus on the mind-body wellness connection.

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

Thank you!