

Monthly engagement toolkit is live | October 2024 Parenting and Caregiving

Hello,

October 10 is World Mental Health Day. This month, we provide resources to support parents and caregivers in doing their best to raise and protect the next generation, while nurturing their own wellbeing.

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 championing World Mental Health Day.
 - **Featured article** for men on being the kind of father you hope to be.
 - **Featured article** on bullying and how to prevent it.
 - **Tips** for helping youth navigate social media and online spaces safely.
 - **Quick tips** for combatting loneliness and isolation.
 - **Interactive worksheet** for nurturing your self-worth and practicing self-care.
 - **Webinar from Calm**, the world's leading wellbeing app, *Calm Your Mind to Thrive at Work*.
 - **Link** for members to easily access their benefits portal.
 - **Member training course** "Supporting mental health concerns in the workplace."
 - **Manager training resources**, including the podcast "Bullying at work: Leaders supporting the mentally healthy workplace."
 - **Link** for members to easily access their benefits portal.
 - **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 November, we will share wellbeing resources that focus on gratitude.

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

Thank you!