

Monthly engagement toolkit is live | February 2025 Food and Mental Health

Hello,

The connection between food and mental health plays a critical role in wellbeing. This month, explore resources to help foster positive relationships with food and support overall health and wellness. In honor of World Cancer Day, find additional resources to support individuals and caregivers navigating cancer.

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:**
 - Why no foods are “good” or “bad” and how to embrace an all-foods-fit approach.
 - Understanding the difference between eating disorders and disordered eating.
 - How cancer diagnosis, treatment and recovery can affect your mental health and strategies for coping.
 - Compassionate ways to support a loved one who is diagnosed with cancer.
 - **Interactive tools and resources** to better understand the signs of eating disorders.
 - **Quick-hit guide** to understand healthy vs. unhealthy relationships with food.
 - **Member training course** “I’m too busy to eat healthy”.
 - **Manager training resources**, including the podcast “Leaders prioritize families”.
 - **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 March, we will share wellbeing resources that focus on women's mental health.

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

Thank you!