

Being present

This month, explore resources and tools to help you find calm, gain clarity and honor where you're at, so you can move through life with more self-compassion, hope and confidence.

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

Featured article on being present to bring calm and clarity to your life.

Featured article on the importance of loving yourself and nurturing self-love.

Featured article on understanding and finding your way with loneliness.

Tips for tuning out distractions, so you can tune into the moment – and yourself.

Interactive 31-day challenge for practicing being present and loving yourself.

Quick insight “Managing stress during the holidays” from Uptime.

Member training course “Finding gratitude in festive celebrations.”

Manager training resources, including “Genuine presence over presents: Leading through holiday stress.”

[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.

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