

## Monthly engagement toolkit is live | July 2024 Anxiety and Panic

Hello,

This month, we share resources, tips and tools for understanding what may be driving your anxious thoughts and feelings, and how to manage them.

### Instructions:

1. Access the toolkit [here](#) [liveandworkwell.com](https://liveandworkwell.com) (LAWW) access code.

2. [View the toolkit](#), which includes:

- **Featured article** on why experiencing a little anxiety from time to time may help you.
- **Featured article** on strategies for coping with and healing from racial trauma.
- **Featured article** on what panic attacks are and how to get through them.
- **How-to videos** on breathing techniques for managing anxiety and finding calm.
- **Interactive methods** for coping with anxious thoughts and feelings.
- **Quick guide** on what anxiety is.