



## Hello!

Here is your Health Kit for September 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

Whether it's the pandemic, the economy, or your finances, uncertainty is all around us. Many things are out of our control, but our mindset is key to coping with the curveballs that life throws at us. In this month's Health Kit, you'll learn how to keep a positive mindset and cope with the uncertainty in a healthy way.

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### Poster

Check out this month's poster for four ways you can cope with the unknown.

[Download Poster](#)

## Brain Game

Find these words associated with healthy coping strategies.

Download Game

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## Recipe

View this month's recipe for a mouth-watering, veggie-loaded spin on a classic recipe.

Download Recipe

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## Podcast

Listen to this month's podcast for healthy tips on coping with uncertainty.

Listen

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## Short Video

Watch this short video to learn how to change your anxious thoughts.

Watch Video

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## Additional Information:

[For More Information on Dealing With Uncertainty](#)

## Coming up...

Tune in next month for information on energy breaks.

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