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For most, the past 18 months have taken a toll on our **mental health**. A pandemic, isolating lockdowns, natural disasters, & social unrest are **a lot to cope with**. More than ever, it's critical we **take care of ourselves** and **one another**.

We're launching the **LiL August Challenge: Keep Calm and Learn On**, kicking off **August 10th**. The content focuses on **understanding anxiety** in week 1, followed by **copng strategies** in week 2, and tips for **supporting others** in week 3.

Challenge yourself to participate every day – it takes **~5 minutes** or less. To stay on track, try keeping a journal or print the calendar and initial each day when you've completed it. **Keep calm and learn on.**

Monday	Tuesday	Wednesday	Thursday	Friday
9 Challenge Starts Tomorrow! 	10 Video  : Defining Stress (3m 14s)	11 Video  : Type 1 and Type 2 Anxiety (3m 52s)	12 Video  : Getting to Know the Different Types of Grief (3m 37s)	13 Video  : Your Brain on Overwhelm (2m 36s)
16 Video  : The Pros and Cons of Exercise When Anxious (3m 18s)	17 Video  : Anxiety (4m 50s)	18 Activity  : Guided Meditation Counting Breaths: 1 to 10 Technique	19 Video  : Suppressing, Accepting, or Reappraising: Which is Best and Why? (3m 27s)	20 Video  : Manage Your Attention Through Mindfulness (2m 59s)
23 Video  : The Platinum Rule of Friendship (2m 20s)	24 Video  : Opening the Dialogue about Mental Health and Emotional Safety (3m 56s)	25 Video  : Recognizing Grief in Team Members (4m 28s)	26 Video  : How to Provide Meaningful Support (3m 55s)	27 Activity  : List your biggest takeaway(s) from the August Challenge: _____ _____ _____