Mental Well-Being

Explore how you can create a safe environment for yourself and people around you. Learn how to manage feeling overwhelmed, anxious, or depressed, and discover the importance of mental well-being.

Dealing with Grief, Loss, and Change as an Employee (53m 16s) – Learn how to manage feelings of grief, loss, and change in the workplace and beyond. This course offers a practical guide for employees, colleagues, and managers.

How to Beat Workplace Loneliness (25m 59m) – Learn practical, science-based strategies that can help you understand, beat, and prevent loneliness in the workplace.

How to Manage Feeling Overwhelmed (43m 16s) – Stop feeling overwhelmed. Learn how to remain focused, productive, and in control in the face of whatever comes your way.

How to Support Your Employees’ Well-Being (34m 52s) – Find out how you, as a manager, can support employees struggling with burnout, stress, work-life imbalances, and other challenges that affect their performance and productivity.

Managers as Multipliers of Well-Being (38m 13s) – Learn how you, as a manager, can persuade and empower your team members to engage with their well-being.

Managing Anxiety in the Workplace (1h 9m 01s) – Learn how to manage your anxiety and be more effective and successful at work.

Managing Stress for Positive Change (57m 59s) – Learn how to identify and ease stress within your team by cultivating an environment and communication style that connects employees to the bigger picture.

Overcome Overthinking (36m 28s) – Explore tools and strategies that can help you stop dwelling on things you can’t control, so you can start taking more decisive action.

Practices for Regulating Your Nervous System and Reducing Stress (36m 12s) – Somatic expert and coach Jay Fields teaches learners how to tap into the power of their nervous system to manage stress.

Resilience Strategies for Optimal Performance (58m 11s) – Learn about everyday strategies and drills used to increase resilience and maintain it, especially in challenging times.

Sleep Is Your Superpower (34m 5s) – Optimize your sleep for good health and optimal performance at work and in life. The Sleep Ambassador® provides tips to sleep better every night.

Supporting a Grieving Employee: A Manager’s Guide (27m 33s) – Learn how to talk with and support grieving colleagues, teammates, and direct reports.