Feeling too stressed? Learn techniques to relax with these resources [1]

October 27, 2017 by Employee Services [2]

According to the American Institute of Stress, stress-related ailments such as loss of sleep and anxiety cost the nation roughly $300 billion every year in medical bills and lost productivity. Physically, stress can cause a 40 percent increased risk of heart disease, 25 percent increased risk for a heart attack and a 50 percent increased risk of stroke.

With resources from Skillsoft and Lynda.com, you can learn techniques to combat harmful stress.

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<tr>
<td><strong>Success</strong> [5]</td>
<td><strong>Managing Stress</strong> [6]:</td>
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<tr>
<td>Under Stress: Powerful Tools for Staying Calm, Confident, and Productive</td>
<td>In this interactive online course, identify personal triggers of stress, manage your response and make positive changes to avoid these triggers.</td>
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<td><strong>Managing Pressures and Stress to Optimize Your Performance</strong> [7]:</td>
<td><strong>Reduce Stress</strong> [8]:</td>
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<td>In this 25-minute course, understand the various triggers and effects of stress, while learning how to help stressed colleagues.</td>
<td>In this video, find the top 10 things that may be adding to your day-to-day stress levels and learn how to avoid them.</td>
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<td><strong>Signs of Stress</strong> [9]:</td>
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<td>Not sure if you, a loved one or a colleague is too stressed? Learn how to diagnose physical signs of stress that may lead to illness in a quick 2-minute video.</td>
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<td><strong>Stress Management Techniques</strong> [10]:</td>
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<td>Refer back to this print-out job aid when you feel stressed to identify effective techniques to manage it.</td>
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As a CU employee, you have access to a combined online library of more than 5,000 videos, courses and books. These resources cover the latest software, creative and business skills for personal and professional growth.
Access Skillsoft:
1. Log on to your employee portal [11].
2. Expand Quick Links.
3. Select Start Skillsoft.

Access Lynda.com:
1. Log on to your campus portal [11].
2. Access the NavBar and select CU Resources.
3. Select Training.

Contact system.training@cu.edu [12] if you have problems accessing these systems.

SkillSoft [13], Lynda.com [14], Stress [15], Stress Management [16], courses [17], resources [18]

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