Feeling too stressed? Learn techniques to relax with these resources

October 27, 2017 by Employee Services

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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<th>Skillsoft</th>
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This book introduces ways to defuse stress and boost productivity in any situation. | **Managing Stress** [6]: 
In this interactive online course, identify personal triggers of stress, manage your response and make positive changes to avoid these triggers. |
| **Managing Pressures and Stress to Optimize Your Performance** [7]: 
In this 25-minute course, understand the various triggers and effects of stress, while learning how to help stressed colleagues. | **Reduce Stress** [8]: 
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. |
| **Signs of Stress** [9]: 
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. |  |
| **Stress Management Techniques** [10]: 
Refer back to this print-out job aid when you feel stressed to identify effective techniques to manage it. |  |

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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