

## **Feeling too stressed? Learn techniques to relax with these resources** <sup>[1]</sup>

October 27, 2017 by [Employee Services](#) <sup>[2]</sup>

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.

### **Skillsoft** <sup>[3]</sup>

#### **Success** <sup>[5]</sup> **Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On** <sup>[5]:</sup>

This book introduces ways to defuse stress and boost productivity in any situation.

#### **Managing Pressures and Stress to Optimize Your Performance** <sup>[7]:</sup>

In this 25-minute course, understand the various triggers and effects of stress, while learning how to help stressed colleagues.

#### **Signs of Stress** <sup>[9]:</sup>

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** <sup>[10]:</sup>

Refer back to this print-out job aid when you feel stressed to identify effective techniques to manage it.

### **Lynda.com** <sup>[4]</sup>

#### **Managing Stress** <sup>[6]:</sup>

In this interactive online course, identify personal triggers of stress, manage your response and make positive changes to avoid these triggers.

#### **Reduce Stress** <sup>[8]:</sup>

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.

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 porta](#) [11].
2. Access the **NavBar** and select **CU Resources**.
3. Select **Training**.
4. Click **Lynda.com**.

Contact [system.training@cu.edu](mailto: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]

#### Display Title:

Feeling too stressed? Learn techniques to relax with these resources

#### Send email when Published:

No

---

**Source URL:** <https://www.cu.edu/blog/work-life/feeling-too-stressed-learn-techniques-relax-these-resources>

#### Links

[1] <https://www.cu.edu/blog/work-life/feeling-too-stressed-learn-techniques-relax-these-resources>

[2] <https://www.cu.edu/blog/work-life/author/9230>

[3] <https://www.cu.edu/employee-services/career-advancement-learning/learning/skillsoft>

[4] <https://www.cu.edu/employee-services/lyndacom>

[5] <https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/BOOKS/47772>

[6] <https://www.lynda.com/Business-Skills-tutorials/Managing-Stress/165497-2.html?org=colorado.edu>

[7] [https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSES/apd\\_07\\_a01\\_bs\\_enus](https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/COURSES/apd_07_a01_bs_enus)

[8] <https://www.lynda.com/Business-Skills-tutorials/Reduce-stress/426767/512794-4.html?org=colorado.edu>

[9] <https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/VIDEOS/73468>

[10] [https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/RESOURCES/pd\\_13\\_a02\\_bs\\_enus](https://universityofcolorado.skillport.com/skillportfe/main.action?path=summary/RESOURCES/pd_13_a02_bs_enus)

[11] <https://my.cu.edu>

[12] <mailto:system.training@cu.edu>

[13] <https://www.cu.edu/blog/work-life/tag/skillsoft>

[14] <https://www.cu.edu/blog/work-life/tag/lynda.com>

[15] <https://www.cu.edu/blog/work-life/tag/stress>

[16] <https://www.cu.edu/blog/work-life/tag/stress-management>

[17] <https://www.cu.edu/blog/work-life/tag/courses>

[18] <https://www.cu.edu/blog/work-life/tag/resources>