Stay balanced and healthy this holiday season with Skillsoft, Lynda.com

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With the holiday season in full swing, don’t let your health take a backseat. With Skillsoft and Lynda.com, you can complete courses and books that tackle your financial, physical and mental health, all from your employee portal.

Get started with these assets:

**Skillsoft**

- **Workplace Wellness That Works: 10 Steps to Infuse Well-Being and Vitality into any Organization by Lauren Putnam** — Currently a manager or want to make a difference in your workplace? Follow these 10 steps to ensure employees’ health and happiness while promoting a culture of well-being.
- **Yoga Wisdom at Work: Finding Sanity Off the Mat and On the Job by Maren and Jamie Showkeir** — Implement yoga teachings in your everyday life to remain centered, compassionate, positive and sane in this online book.
- **Live Well, Live Long: A Lifetime of Healthy Living by Paul Goyen** — The comprehensive guide provides a practical, easy-to-follow lifestyle program for the entire family.

**Lynda.com**

- **Financial Wellness for Couples and Families** — Learn how to create and follow a family cash flow plan for financial harmony in this hour-long course.
- **Financial Wellness: Managing Personal Cash Flow** — Having trouble with finances on an individual level? This course provides ways to identify stress levels that may influence your spending habits and how to manage cash in a positive way.

CU employees can discover thousands of books, courses, and videos covering the latest software, creative and business skills for personal and professional growth.

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2. Expand Quick Links.
3. Select Start Skillsoft.
To access Lynda.com:

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2. Click the NavBar.
3. Select CU Resources.
4. Select Training.
5. Select Lynda.com. (Lynda.com will open in a separate window.)

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