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Take 10 minutes for yourself with these guided stress relief tools [1]

December 7, 2020 by Employee Services [2]

From completing work to purchasing holiday gifts, wrangling children to maintaining housework, life can quickly become overwhelming. In the middle of it all, you may struggle finding the time to care for yourself.

That's why Professional Growth & Training has created a LinkedIn Learning collection, "Stress Management in Under 10 minutes." Each asset takes a quick approach to help you relieve immediate stress and avoid future anxieties.

Here are just a few videos in the collection:

- Seven ways to eliminate stress
- Understand the impact of stress
- Strategies for reducing stress
- Reset your mindset to reduce stress
- Stress spiral: Don't overdo, either achieve or enjoy
- Guided meditation: Waves of calm

Get started [3]

What is LinkedIn Learning?

This online library stores hundreds of instructional videos, taught by accomplished instructors and industry experts, on topics ranging from professional development to technical skills to personal enrichment. LinkedIn Learning is available to all CU employees and students at no additional cost. Learn more about this perk on our website [4].

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[2] https://www.cu.edu/blog/work-life/author/9230 [3]
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