

LinkedIn Learning Well-being Collection:

Course Title	Course Length	Course Description
De-Stress: Meditation and Movement for Stress Management	36 minutes	Stress is toxic. Finding healthy ways to eliminate stress—to de-stress—is critical to a happy, healthy life. This course introduces a series of guided meditation and movement exercises that allow your body and mind to relax and refocus.
The Mindful Workday	40 minutes	This course provides a series of mindfulness exercises to keep you connected, grounded, and focused at work.
Financial Wellness: Managing Personal Cash Flow	1 hour & 2 minutes	This course reveals ways you can adjust your financial habits and manage your cash flow in a positive way. The course helps you evaluate your current stress level and understand how your financial attitudes developed in the first place.
Managing Stress for Positive Change	57 minutes	In the workplace, stress is often viewed in purely negative terms. It's seen as a response that should simply be minimized or pushed aside; however, it's possible to use stress to fuel positive change. This course describes what stress is, exactly; how you can train yourself to use stress in more effective ways; and what managers can do to reduce employee stress when an organization experiences difficult times.
Improving Your Focus	56 minutes	This course helps you develop the survival skills to both avoid daily distractions and stay focused on what's most valuable.
Balancing Work and Life	28 minutes	Learn how to have it all and enjoy it all by balancing your life and work. This course explores smart strategies to make work a focus at work and give yourself time to enjoy your time at home.
Managing Career Burnout	44 minutes	This course breaks down what burnout is, what causes it, and how to take back your power and energy. Discover how to identify your burnout triggers—whether it's lack of agency, rest, community, or purpose—and take steps to reframe your situation and get help.
Creating a Positive and Healthy Work Environment	1 hour & 4 minutes	This course explains how companies that invest in a positive workplace can see an amazing return on their investment.
Ergonomics 101	35 minutes	Learn the basis of ergonomics: creating a healthy work environment. Find out how to adjust the equipment at your desk so you are comfortable and avoid common injuries.
Computer and Text Neck Stretching Exercises	20 minutes	This course provides a series of exercises that can help relieve and prevent neck pain. Discover the proper way to stretch your back and neck, lengthen your neck muscles and upper spine, deepen your breath, and get the blood flowing through your body.
Being Positive at Work	34 minutes	This course explains why being positive at work is so beneficial, and explores practical strategies for increasing positivity and dealing with difficult situations.