

Mental Well-Being

Explore how you can create a safe environment for yourself and people around you. Learn how to manage feeling overwhelmed, anxious, or depressed, and discover the importance of mental well-being.



[Dealing with Grief, Loss, and Change as an Employee](#)

(53m 16s) – Learn how to manage feelings of grief, loss, and change in the workplace and beyond. This course offers a practical guide for employees, colleagues, and managers.

[How to Beat Workplace Loneliness](#) (25m 59m) – Learn practical, science-based strategies that can help you understand, beat, and prevent loneliness in the workplace.

[How to Manage Feeling Overwhelmed](#) (43m 16s) – Stop feeling overwhelmed. Learn how to remain focused, productive, and in control in the face of whatever comes your way.

[How to Support Your Employees' Well-Being](#) (34m 52s) – Find out how you, as a manager, can support employees struggling with burnout, stress, work-life imbalances, and other challenges that affect their performance and productivity.

[Managers as Multipliers of Well-Being](#) (38m 13s) – Learn how you, as a manager, can persuade and empower your team members to engage with their well-being.

[Managing Anxiety in the Workplace](#) (1h 9m 01s) – Learn how to manage your anxiety and be more effective and successful at work.

[Managing Stress for Positive Change](#) (57m 59s) – Learn how to identify and ease stress within your team by cultivating an environment and communication style that connects employees to the bigger picture.

[Overcome Overthinking](#) (36m 28s) – Explore tools and strategies that can help you stop dwelling on things you can't control, so you can start taking more decisive action.

[Practices for Regulating Your Nervous System and Reducing Stress](#) (36m 12s) – Somatic expert and coach Jay Fields teaches learners how to tap into the power of their nervous system to manage stress.

[Resilience Strategies for Optimal Performance](#)

(58m 11s) – Learn about everyday strategies and drills used to increase resilience and maintain it, especially in challenging times.

[Sleep Is Your Superpower](#) (34m 5s) – Optimize your sleep for good health and optimal performance at work and in life. The Sleep Ambassador® provides tips to sleep better every night.

[Supporting a Grieving Employee: A Manager's Guide](#)

(27m 33s) – Learn how to talk with and support grieving colleagues, teammates, and direct reports.