

## Learning Path: Supporting Your Well-being During Times of Change and Uncertainty

21 curated courses supporting employee well-being, covering mindfulness and meditation, managing anxiety, depression, and stress; calming your mind; and restoring your body. 16 h 9 m.

	Building Resilience	34 m	
	Cultivating Mental Agility	36 m	
	Embracing Unexpected Change	14 m	
	Making Better Decisions by Thinking in Bets	34 m	
	Sleep Is Your Superpower	34 m	
	Handling Workplace Change as an Employee	2 h 2 m	
	Subtle Shifts in Thinking for Tremendous Resilience	27 m	
	Mindfulness Practices	2 h 3m	
	Mindful Medications for Work and Life	1 h 27 m	
	The Mindful Workday	40 m	
	How to Manage Feeling Overwhelmed	43 m	
	Managing Anxiety in the Workplace	1 h 9 m	
	Managing Depression in the Workplace	1 h 3m	
	Avoiding Burnout	24 m	
	Managing Stress	21 m	
	Stop Stressing and Keep Moving Forward	22 m	
	De-stress: Meditation and Movement for Stress Management	36 m	
	Chair Work: Yoga Fitness and Stretching at Your Desk	33 m	
	Computer and Text Neck Stretching Exercises	20 m	
	Ergonomics 101	35 m	
	Recharge Your Energy for Peak Performance	51 m	
	<b>Instructions</b>		
	To access a learning path, sign on to LinkedIn Learning. In the search bar, search for and select the desired learning path title.		
	For further assistance, contact DAS.SHRMLearning@ct.gov or Margaret.Hackett@ct.gov.		