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Supporting Your Well-Being during Times of Change and Uncertainty

In this learning path, you can gain immediately applicable skills to support your well-being during times of change and uncertainty. Twenty curated courses cover topics such as practicing mindfulness and meditation; managing anxiety, depression, and stress; calming your mind; and restoring your body.

[Click here to access the course](#) or continue reading below to review the course's Learning Path.

Learning Path 20 Items (15h 33m)

 1. Building Resilience (34m)	 2. Cultivating Mental Agility (1h)	 3. Embracing Unexpected Change (14m)	 4. Making Better Decisions by Thinking in Bets (28m)
 5. Handling Workplace Change as an Employee (2h 2m)	 6. Subtle Shifts in Thinking for Tremendous Resilience (24m)	 7. Mindfulness Practices (2h 3m)	 8. Mindful Meditations for Work and Life (1h 27m)
 9. The Mindful Workday (40m)	 10. How to Manage Feeling Overwhelmed (43m)	 11. Managing Anxiety in the Workplace (1h 9m)	 12. Managing Depression in the Workplace (1h 3m)
 13. Avoiding Burnout (24m)	 14. Managing Stress (21m)	 15. Stop Stressing and Keep Moving Forward (21m)	 16. De-stress: Meditation and Movement for Stress Management (36m)
 17. Chair Work: Yoga Fitness and Stretching at Your Desk (33m)	 18. Computer and Text Neck Stretching Exercises (20m)	 19. Ergonomics 101 (35m)	 20. Recharge Your Energy for Peak Performance (51m)



Certificate of Completion

Once you have completed all courses, you will receive a certificate of completion.

