



MO LEARNING

Powered by LinkedIn Learning™

Mental Health Resources

Collection shared with MO Learning at the State of Missouri

This is a collection of mental and emotional health resources for supervisors to utilize, recommend and assign to their employees. This collection can help increase employee awareness and provide helpful insights that can improve employee mental and emotional health and well-being at the workplace

Includes 20 Courses/Videos:

- Supporting Your Mental Health While Working at Home
- Cultivating Mental Agility
- Managing Depression in the Workplace
- Data Science and Mental Health
- Over Coming Negative Emotions
- Managing Emotions at Work
- Managing Emotions
- How to Manage Feeling Overwhelmed
- Dealing with Grief, Loss and Changes as an Employee
- Developing Your Emotional Intelligence
- Managing Anxiety in the Workplace
- Dealing with Frustration and Anxiety
- Burnout vs. Anxiety vs. Depression
- Self-care and Work/Life Balance
- The Impact of Stress at Work
- Managing Stress
- De-stress: Meditation and Movement for Stress
- Seven Ways to Eliminate Stress
- Embracing Unexpected Change
- Avoiding Burnout

Link: <https://www.linkedin.com/learning->

[login/share?forceAccount=true&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning%2Fcollections%2F6684083661760995328%3Ftrk%3Dshare_collection_url&account=35674036](https://www.linkedin.com/learning/collections/6684083661760995328%3Ftrk%3Dshare_collection_url&account=35674036)