

# Take Care of Your Mental Health



Title	Duration (minutes)	Author	Course Description
• Leadership: Supporting your Team's Mental Health	7	Absorb	If you're a manager, supervisor, or HR person, the mental health of the people who work for you should be a priority. When the people who work for you feel content, listened to, and supported, they're more likely to stay in their jobs - and do them well.
• Navigating Your Mental Health	7	Absorb	This course talks about what it means to be mentally healthy, some signs that you may not be coping well, and what to do if you can't seem to feel better.
• Introduction to Mindfulness and Meditation	13	Absorb	In the first course in our Mindfulness and Meditation series, you will learn how to set up and prepare for a meditation whether at work or at home. This course contains a short video practice followed by a guided meditation.
• What is Meditation?	5	Absorb	Meditation is a way to calm the mind and body and reduce stress. In this module you'll learn what it is and how you can get started. You don't have to study meditation for years, there are some simple concepts you can start using straight away.
• What is Mindfulness?	5	Absorb	In this microlearning module we'll look at Mindfulness in close detail. The word Mindfulness is everywhere but what is it? and how can it help you? Mindfulness isn't something that needs to be done in a specific place, it's a state of mind you can use at any time to reduce stress and clear your mind.
• Mindfulness: Anxiety List	15	Absorb	In the third course in our Mindfulness and Meditation series, we will introduce the anxiety list and encourage you to write down your anxious thoughts either personal, work related or both. When we write something down, the brain can stop holding onto it quite as tightly, which can reduce anxiety and any overwhelming feelings. This course contains a short video practice followed by a guided meditation.
• Mindfulness: Calming Breathwork	7	Absorb	In the second course in our Mindfulness and Meditation series, we will practice a calming breathing technique that can be used to calm the body and the nervous system when experiencing stress. This course contains a short video practice followed by a guided meditation.

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Mindfulness: Embrace Your Feelings	15	Absorb	Welcome to the eighth course in our Mindfulness and Meditation series, where we will focus on embracing your feelings. During meditation, just as thoughts and sensations arise, so will emotions. Meditation is a way we can understand, embrace and process an emotion especially when we're at work and it's difficult to move forward when feeling a heightened emotion. This course contains a short video practice followed by a guided meditation.
Mindfulness: Gratitude	15	Absorb	Welcome to the sixth course in our Mindfulness and Meditation series, gratitude. Gratitude practices can help us to feel more positive emotions, relish good experiences and improve our health. In work situations, this practice can also help us to deal with adversity and build strong relationships. This course contains a short video practice followed by a guided meditation.
Mindfulness: Observe Your Thoughts	15	Absorb	Welcome to the fifth course in our Mindfulness and Meditation series, observing your thoughts. You can use this practice to become aware of your thoughts, to find clarity, to feel present, to feel seen and heard and to understand your current needs. All useful abilities to be able to tune into at home and at work. This course contains a short video practice followed by a guided meditation.
Mindfulness: Release List	12	Absorb	Welcome to the tenth course in our Mindfulness and Meditation series. In this practice, we'll learn how to release things we can't control. This course contains a short video practice followed by a guided meditation.
Mindfulness: The Importance of Breathing	5	Absorb	In this microlearning module we'll look at the importance of breathing in meditation and mindfulness. We breathe all day long without thinking about it. When we're mindful of our breath we can reduce stress and feel more relaxed. Breathing techniques are not just for formal meditation, these breathing techniques can be used at any time.
Stress Busting Tips	5	Absorb	In this microlearning module we look at some simple but effective stress busting tips. Our lives can be stressful, both inside and outside the workplace, but that doesn't have to be the case if you know some key techniques which can help. In this module you'll learn seven simple steps to turn chaos into calm.
Learning Podcast - Physical and Mental Health in the Workplace	38	Absorb	In this Podcast we'll explore the topic of "Physical and Mental Health in the Workplace" with Jeanna Brown, an internationally-recognized personal development and coaching specialist and author. This podcast is designed for use on desktop, laptop, mobile and tablet.