

Take Care of Your Mental Health

Title	Duration (minutes)	Author	Description
<ul style="list-style-type: none"> Dealing With Stress 	15	The Access Group	The learner will explore why we get stressed and the impact it can have on our lives, by looking at how stress can develop in the workplace but at home as well. The module explores ways of supporting yourself when experiencing stress and ways to prevent stress from developing.
<ul style="list-style-type: none"> Recognising Stress at Work 	14	Kallidus	Find out what can cause stress at work, what signs to look out for, and how to deal with it.
<ul style="list-style-type: none"> Resilience 	15	The Access Group	In today's fast-paced world, resilience is an important skill for all individuals as it relates to your ability to bounce back and move on from challenging situations. This module will help you develop a better understanding of how to be resilient in the face of adversity, by bending instead of breaking under pressure.
<ul style="list-style-type: none"> Managing Emotions 	23	Skilla	This learning course will give you some tips on how to recognise different emotions and channel them in order to reach goals.
<ul style="list-style-type: none"> Recognising and Managing Anxiety 	15	The Access Group	We all experience anxiety; it's a natural human state and a vital part of our lives. This module will explore practical ways to help you recognise and manage your anxiety.
<ul style="list-style-type: none"> Positive Mental Health at Work (UK - Manager) 	45	Kallidus	This course is ideal for Managers who are committed to an environment and working conditions that promote positive mental health and well-being at work.