

Take Care of Your Mental Health

Title	Duration (minutes)	Author	Description
<ul style="list-style-type: none"> Mental Health in the Workplace 	35	Kineo	This course for managers and supervisors raises awareness about the effects of mental health in the workplace. It also provides pathways to improvement that learners can apply in their own workplace.
<ul style="list-style-type: none"> Prioritizing My Mental Health 	20	7 Dimensions	Prioritizing My Mental Health is an essential course for everyone. Caring for our mental health is just as important as caring for our physical health. In this course psychologist Peter Quarry discusses mental health and ways to make it a priority.
<ul style="list-style-type: none"> Mental Health and Wellbeing: Building Resilience 	12	Channel 1 Creative Media	Resilience is a person's ability to bounce back from, grow and thrive during challenge, change, and adversity. Resilience is a skill and like any skill, with practice, it can be learnt. This Building Resilience course details some simple and effective ways in which you can build resilience in your team.
<ul style="list-style-type: none"> Emotions at Work 	30	7 Dimensions	<i>Emotions at Work</i> explores how leaders can harness emotions to resolve conflict, inspire teams, and boost workplace performance. Kylie Bell explains Barbara Fredrickson's Broad and Build theory, showing how positive emotions expand possibilities and enhance problem-solving.
<ul style="list-style-type: none"> Ways to Increase your Emotional Intelligence 	50	7 Dimensions	<i>Ways to Increase Your Emotional Intelligence</i> helps improve EQ, the ability to understand and manage emotions. Psychologists Eve Ash and Peter Quarry explain how boosting EQ enhances self-awareness, relationships, teamwork, conflict resolution, and job satisfaction, leading to greater success at work.
<ul style="list-style-type: none"> Overcome Anxiety 	15	7 Dimensions	<i>Overcome Anxiety</i> addresses the growing issue of anxiety, affecting 1 in 4 people. Psychology expert Peter Quarry shares proven techniques like slow breathing, mindfulness, and reframing self-talk to help manage symptoms such as excessive worry, racing heart, and panic attacks.