

Take Care Of Your Mental Health

Title	Duration (minutes)	Author	Course Description
<ul style="list-style-type: none"> Anxiety Disorders in the Workplace: Coping With Anxiety Disorders at Work 	7	HSI-ej4	<p>This program is intended to help you figure out how to cope with an anxiety disorder in the workplace and reduce your worries about how you'll handle it. We'll discuss symptoms of anxiety and walk you through some practical strategies to manage these symptoms. We'll cover common triggers, relaxation and grounding techniques, and talk about how to set small goals. Lastly, we'll go over the rules that apply to disclosing your anxiety disorder to your workplace.</p>
<ul style="list-style-type: none"> Anxiety Disorders in the Workplace: Supporting Coworkers With Anxiety Disorders 	9	HSI-ej4	<p>One in five American adults suffers from some type of anxiety disorder. That startling statistic tells us there's a high likelihood of working with someone who suffers from a clinically diagnosed anxiety disorder. In this course, we'll discuss how to support a colleague or a direct report who suffers from an anxiety disorder. We'll go over the five types of anxiety disorders and the mental and physical symptoms that accompany them. We'll talk about what a panic attack looks like and what often triggers symptoms of anxiety. Lastly, we'll walk you through various ways to support someone living with one of these disorders.</p>
<ul style="list-style-type: none"> Mental Health: Destigmatizing 	5	HSI-ej4	<p>In this first course, we'll discuss ways to destigmatize mental illnesses. We'll talk about educating others by removing offensive language, talking openly about these conditions, and combating exclusion by showing compassion and respect.</p>
<ul style="list-style-type: none"> Mental Health: Managing Mental Health Issues 	7	HSI-ej4	<p>In this course, we want to teach you how to recognize mental illness in an employee and to know what your responsibilities are. We'll talk about how to support your team member and encourage treatment. We'll also discuss what to do when mental illness impacts someone's work performance.</p>
<ul style="list-style-type: none"> Mental Health: Navigating Your Own Mental Health 	7	HSI-ej4	<p>In this course, we'll talk about the symptoms of mental illness and why these disorders affect certain people. We'll discuss different types of treatment options and when it's time to explore those. Lastly, we'll cover searching for a medical professional who suits your needs and what you can expect from therapy.</p>
<ul style="list-style-type: none"> Neurodiversity Is Different Than Mental Health 	6	HSI-ej4	<p>You may have heard the word neurodiversity or neurodivergent. This is a relatively new idea that describes neurodevelopmental or neuropsychiatric conditions like autism, ADHD, speech disorders, dyslexia, learning disabilities, Tourette syndrome, and more. As we'll explain in this course, there's some confusion and controversy surrounding the neurodiversity movement.</p>

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<ul style="list-style-type: none"> Remote Employee Mental Health: Maintaining the Mental Health of Your Remote Employees 	10	HSI-ej4	In this course, we'll address how you can take action to improve and maintain the mental health of your remote employees. We'll discuss how to promote your company's benefits, maintain healthy communication, and encourage work-life balance among your team.
<ul style="list-style-type: none"> Remote Employee Mental Health: Maintaining Your Mental Health as a Remote Employee 	9	HSI-ej4	Thankfully, there are steps you can take to actively nurture your mental health while working from home, and that's what we'll discuss in this course. We'll go over understanding your benefits and the advantages of utilizing Employee Assistance Programs (EAPs). We'll talk about the importance of having open communication with your team, both online and in person. And lastly, we'll discuss how to create an effective work-life balance.
<ul style="list-style-type: none"> Take a Deep Breath 	9	HSI-ej4	In stressful situations, for many people, several physiological things take place. Their heart rate quickens. They may find themselves breathing faster. They might feel sweaty or dizzy. In these instances, anxiety can take over and compound these symptoms. So, in this course, we want to talk about how to prevent these symptoms from happening in the first place, by teaching some deep breathing exercises and relaxation techniques.
<ul style="list-style-type: none"> The Benefits of Time Off 	7	HSI-ej4	Have you ever thought about the benefits of taking time off from work? A recent study found that Americans only use 77% of their paid time off. Why is this? Many fear returning to a mountain of work. Others can't afford to take a vacation. By not using all of their paid time off, the average U.S. worker effectively donates over \$600 of work time to their employer. Aside from the financial aspect, what's the motivation for taking time off from work? That's what we'll be discussing in this course.
<ul style="list-style-type: none"> The Science of Sleep: The Science of Sleep 	6	HSI-ej4	A good night's sleep leaves you waking up on time, feeling refreshed, feeling healthy, and looking great. A good night's sleep has you feeling like you can take on the world. But how does that happen? We close our eyes for 8 hours and "poof" like magic we're rested? Well, it's a little more technical than the Sandman paying us a visit. Let's take a look at the science of sleep.
<ul style="list-style-type: none"> Understanding Stress and Burnout 	8	HSI-ej4	Have you ever had one of those days, where nothing seems to go your way? It's like you're always stuck in second gear. When it hasn't been your day, your week, your month, or even your year? Well, it could be more than just stress. You could be crossing over into burnout. What's the difference? Stress is stress, right? No. Burnout is something different. That's what we'll cover in this program: the difference between stress and burnout, what their causes are, and how to minimize stress and prevent burnout before it starts. We'll take you through some stress management techniques, and ways to reverse burnout.
<ul style="list-style-type: none"> Stress Management: Handling Stress 	5	HSI-ej4	Stress is something that we all face, but the way we handle stress impacts how much control that stress has in our lives. In this program, we'll discuss the four levels of stress and go over some exercises everyone can do to manage or even eliminate the stressors in their lives.