

Take Care of **You** During Mental Health Awareness Month



In the spirit of helping you live your best life, especially during these trying times, we've rounded up some **LinkedIn Learning** courses that can help you prioritize your mental health:

- [Supporting Your Mental Health While Working from Home](#)
- [Reduce Stress and Anxiety by Managing Your Nervous System](#)
- [Well-Being in the Workplace](#)
- [How to Beat Burnout, Exhaustion, and Stress](#) *audio only course!*
- [Reduce Tension with Breathwork](#)
- [How to Beat Workplace Loneliness](#)
- [Managing Stress for Positive Change](#)
- [Sheryl Sandberg and Adam Grant on Option B: Building Resilience](#)
- [How to Slash Anxiety and Keep Positivity Flowing](#) *audio only course!*
- [How to Manage Feeling Overwhelmed](#)
- [Managing Anxiety in the Workplace](#)
- [Mindful Stress Management](#)
- [Dealing with Grief, Loss, and Change as an Employee](#)
- [Subtle Shifts in Thinking for Tremendous Resilience](#) *audio only course!*
- [Managing Depression in the Workplace](#)
- [Staying Positive in the Face of Negativity](#)
- [Sales Well-Being: Managing Anxiety, Burnout, and Rejection](#)



Feeling the screen fatigue?

Use the LinkedIn Learning mobile app to download courses for offline viewing and listen podcast-style while you're out walking, running errands, or just going for a drive.