LYNDA.COM Wellness Courses

- **Building Resilience**
  By: Tatiana Kolovou  •  Updated Jul 8, 2019
  Learn how to bounce back from difficult situations, by building your “resiliency threshold,” with these training techniques.
  181,335 viewers

- **Cultivating Mental Agility**
  By: Delia Clark  •  Released Oct 10, 2018
  Learn how to cultivate the mental agility necessary to innovate, embrace change, and thrive in the face of uncertainty.
  37,773 viewers

- **Embracing Unexpected Change**
  By: Teddie Dewett  •  Released Apr 8, 2019
  Improve how you deal with change in your professional and personal life. Learn how to put change in the proper context, create the right perspective, and become more resilient.
  57,406 viewers

- **Sleep Is Your Superpower**
  By: Nancy H. Rothstein, MBA  •  Released 4 months ago
  Optimize your sleep for good health and optimal performance at work and in life. The Sleep Ambassador® provides tips to sleep better every night.
  5,579 viewers

- **Handling Workplace Change as an Employee**
  By: Chris Croft  •  Released Apr 5, 2017
  1h 6m 17s left
COURSE

Subtle Shifts in Thinking for Tremendous Resilience
By: Pete Mockaitis | How to Be Awesome at Your Job • Released Jan 9, 2020
Shift your thinking for better resilience. In this course, adapted from the podcast How to Be Awesome at Your Job, Charlie Harary explains how to reframe your perspective and your life.

22,956 viewers

COURSE

Mindfulness Practices
By: Henna Inam • Released May 21, 2019
Explore mindfulness practices to manage stress, expand emotional intelligence, grow self-confidence, and deal with coworkers.

430,997 viewers

COURSE

Mindful Meditations for Work and Life
By: Scott Shute • Released Jun 6, 2019
Want to incorporate mindfulness into your daily routine? Get a practical and easy approach to meditation, including simple, short exercises to build into regular practice.

30,972 viewers

COURSE

The Mindful Workday
By: Desk Yogi • Released May 6, 2019
Bring your best self to work. Learn how to stay connected, grounded, and focused at work with these mindfulness exercises.

36,603 viewers

COURSE

Managing Stress
By: Todd Dewett • Released Aug 16, 2019
Manage your stress more effectively. Get tips for identifying your triggers, managing your responses, and making more positive personal choices.

46,527 viewers

VIDEO

Wellness and health journals
Released Jul 2, 2019 • From the course: OneNote: Creating a Bullet Journal-St...
<table>
<thead>
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<td>De-stress: Meditation and Movement for Stress Management</td>
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<td>Chair Work: Yoga Fitness and Stretching at Your Desk</td>
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<td>Computer and Text Neck Stretching Exercises</td>
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<td>Arianna Huffington’s Thrive O1: Discovering Meditation and Sleep</td>
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<td>Better Wrist and Elbow Health</td>
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<td>Health and well-being</td>
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