

ULearnIT Featured Resource

Take a Deep Breath and Manage Your Stress

When you're constantly adding items to your never-ending to-do list, feeling overwhelmed at work and at home, and finding your health and relationships negatively impacted, you are likely experiencing stress. This course explains the physiological, behavioral, and psychological signs and symptoms of stress and where it can come from. It outlines strategies for maintaining work/life balance and managing stress. It also covers ways to change your responses to stress and make them more positive and how to use relaxation techniques and adopting mindfulness to help you focus.

22 minutes

ULearnIT ID (click the link below to access this resource in ULearnIT)
[pd 30 a03 bs enus](#)



Log in to ULearnIT at <http://ULearnIT.skillport.com>

User Name = **Employee ID Number**

First login password = **Welcome1**

Human Resources
Helping U Succeed

4/01/20