

# LinkedIn Learning Well-Being Content



Burnout is recognized by the World Health Organization (WHO) as a diagnosable condition that can cause feelings of irritation, frustration, cynicism, and emptiness — about 63% of employees are more likely to call in sick if they are feeling burnt out.

Discover timely content and relevant well-being skills around work-life balance, mental well-being, and cultivating a life of purpose, to help you navigate burnout and achieve balance in the new year.

# Work-Life Balance

Gain access to the most timely and relevant skills around work-life balance. Discover how to avoid career burnout and create a positive and healthy workplace.



[Aligning Your Values with Work, Life, and Everything In Between \(38m 40s\)](#) – Learn how you can build alignment between your core values and the actions you take in your career and in your life.

[Managing Burnout \(24m 5s\)](#) – Learn how to recognize the signs of burnout and manage your stress levels.

[Balancing Work and Life as a Work-from-Home Parent \(28m 31s\)](#) – Join clinical psychologist, author, and mom of three, Andrea Bonior, as she shares how to balance work and life as a work-from-home parent (hint: perfection is not the goal).

[Confidence-Building Strategies for Work and Life \(37m 18s\)](#) – Discover how to increase confidence, overcome self-doubt, and showcase your strengths.

[Essentials of Mindfulness and Compassion with Scott Shute \(1h 4m 26s\)](#) – Join Scott Shute, head of the Mindfulness and Compassion programs at LinkedIn, as he shares essential tools for creating better, healthier workplaces.

[The Step-By-Step Guide to Reinventing Yourself \(29m 23s\)](#) – Learn skills to reinvent yourself, whether changing jobs, turning your side-hustle into a business, or setting yourself up to work from anywhere.

[How to Set Goals When Everything Feels Like a Priority \(15m 20s\)](#) – Learn how to prioritize effectively so that you can get meaningful things done. Get practical advice on how to make tough decisions and motivate yourself all the way to your goal.

[Humane Productivity \(52m 25s\)](#) – Learn how to be productive without suffering.

[Manage Burnout at Work with These Simple Strategies \(9m 9s\)](#) – From juggling your professional and family life, taking up slack for absent colleagues, and worrying about your job security—learn how to manage everything and avoid burnout.

[Managing Career Burnout \(44m 16s\)](#) – Learn what burnout is, what causes it, and how to take back your power and energy.

[Mindful Meditations for Work and Life \(1h 27m 32s\)](#) – 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.

[Use Your Strengths for Impact and Influence at Work \(31m 46s\)](#) – Learn how to discover, communicate, and leverage your unique strengths to have a lasting impact at work.

# Mental Well-Being

Explore how you can create a safe environment for yourself and people around you. Learn how to manage feeling overwhelmed, anxious, or depressed, and discover the importance of mental well-being.



## [Dealing with Grief, Loss, and Change as an Employee](#)

(53m 16s) – Learn how to manage feelings of grief, loss, and change in the workplace and beyond. This course offers a practical guide for employees, colleagues, and managers.

[How to Beat Workplace Loneliness](#) (25m 59m) – Learn practical, science-based strategies that can help you understand, beat, and prevent loneliness in the workplace.

[How to Manage Feeling Overwhelmed](#) (43m 16s) – Stop feeling overwhelmed. Learn how to remain focused, productive, and in control in the face of whatever comes your way.

[How to Support Your Employees' Well-Being](#) (34m 52s) – Find out how you, as a manager, can support employees struggling with burnout, stress, work-life imbalances, and other challenges that affect their performance and productivity.

[Managers as Multipliers of Well-Being](#) (38m 13s) – Learn how you, as a manager, can persuade and empower your team members to engage with their well-being.

[Managing Anxiety in the Workplace](#) (1h 9m 01s) – Learn how to manage your anxiety and be more effective and successful at work.

[Managing Stress for Positive Change](#) (57m 59s) – Learn how to identify and ease stress within your team by cultivating an environment and communication style that connects employees to the bigger picture.

[Overcome Overthinking](#) (36m 28s) – Explore tools and strategies that can help you stop dwelling on things you can't control, so you can start taking more decisive action.

[Reduce Stress and Anxiety by Managing Your Nervous System](#) (36m 12s) – Somatic expert and coach Jay Fields teaches learners how to tap into the power of their nervous system to manage stress.

[Resilience Strategies for Optimal Performance](#) (58m 11s) – Learn about everyday strategies and drills used to increase resilience and maintain it, especially in challenging times.

[Sleep Is Your Superpower](#) (34m 5s) – Optimize your sleep for good health and optimal performance at work and in life. The Sleep Ambassador® provides tips to sleep better every night.

[Supporting a Grieving Employee: A Manager's Guide](#) (27m 33s) – Learn how to talk with and support grieving colleagues, teammates, and direct reports.

# Cultivating Purpose

Create a life of meaning and purpose and uncover the importance of surrounding yourself with positivity and its powerful benefit.



[Connecting Your Work to Your Purpose \(1h 5m 6s\)](#) – Learn methods to help you find fulfillment and satisfaction in your career by building alignment between your values and your work.

[Cultivating Optimism to Reach Your Career Goals \(36m 38s\)](#) – Learn how to pursue your ambitions without burning yourself out.

[How Leaders Can Motivate Others by Creating Meaning \(35m 24s\)](#) – Learn how to motivate your teams by creating meaning. Unlock a deep level of engagement and peak performance among your staff by making work matter.

[How to Create a Life of Meaning and Purpose \(41m 20s\)](#) – This course helps you learn to take small, science-backed actions that increase contentment and provide a foundation for creating the life you want.

[How to Have a Happier Workweek \(24m 36s\)](#) – Get the most out of your workweek. Nic Marks explores key research and best practices for achieving greater happiness at your job.

[How to Make Work More Meaningful \(27m 24s\)](#) – Become more personally connected to your work. Get strategies for using your values to guide your productivity, connecting your work to your personal vision, and more.

[Learning to Say No with Confidence and Grace \(42m 43s\)](#) – Learn why it's important to say no and how to say it without negatively impacting your career or relationships.

[Managing Your Well-Being as a Leader \(41m 23s\)](#) – Learn how to address your own well-being, so you can be a more effective and supportive leader for your employees.

[Sharing Your Best Self at Work \(56m 40s\)](#) – Learn how to talk about your strengths, accomplishments, and career goals in a way that builds connections rather than alienating others.

[How to Have a Great Day at Work With Caroline Webb \(55m 39s\)](#) – Explore evidence-based techniques to boost your performance, productivity, and well-being every single day.

[Uncovering Your Authentic Self at Work \(28m 2s\)](#) – Learn about covering—a strategy through which individuals downplay a known stigmatized identity to blend into the mainstream—and how to build a more authentic workplace.

[Use an Entrepreneurial Mindset to Find Success and Fulfillment at Work \(48m 19s\)](#) – Learn how to harness entrepreneurial thinking and behavior to build your motivation, adaptability, and future focus—all in pursuit of success and fulfillment at work and in life.