

# Well-Being in the Workplace

These courses cover different aspects of well-being, including physical well-being, supporting mental health, coping skills for dealing with stress, and ways to integrate mindfulness in your daily life.



## Mental Health

- [Arianna Huffington's Thrive 04: Facing Challenges with Gratitude and Forgiveness](#)
- [Arianna Huffington's Thrive 05: Igniting Joy through Presence and Wonder](#)
- [Balancing Work and Life](#)
- [Happiness Tips](#)
- [Managing Anxiety in the Workplace](#)
- [Managing Depression in the Workplace](#)
- [Managing Your Emotions at Work](#)
- [Sheryl Sandberg and Adam Grant on Option B: Building Resilience](#)
- [Supporting Your Mental Health While Working from Home](#)
- [Thriving @ Work: Leveraging the Connection between Well-Being and Productivity](#)

## Self-care

- [Arianna Huffington's Thrive 02: Learning How to Unplug and Recharge](#)
- [De-stress: Meditation and Movement for Stress Management](#)
- [DIY Relief: Massage Self-Care](#)
- [How to Manage Feeling Overwhelmed](#)
- [Managing Stress](#)
- [Managing Your Energy](#)
- [Overcoming Overwhelm](#)
- [Recharge Your Energy for Peak Performance](#)
- [Reduce Tension with Breathwork](#)
- [Sleep Is Your Superpower](#)
- [Stop Stressing and Keep Moving Forward](#)

## Mindfulness

- [Arianna Huffington's Thrive 06: Understanding the Link between Giving and Success](#)
- [How to Train Your Brain for Happiness](#)
- [Life Mastery: Achieving Happiness and Success](#)
- [Mindful Meditations for Work and Life](#)
- [Mindfulness Practices](#)
- [Self-Compassion: The Proven Power of Being Kind to Yourself](#)
- [The Leader's Guide to Mindfulness \(getAbstract Summary\)](#)
- [The Mindful Workday](#)

*"Waste not thy well being, for it is thy wealth." — Lailah Gifty Akita*