



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:

- [Managing Stress for Positive Change](#)
- [Sheryl Sandberg and Adam Grant on Option B: Building Resilience](#)
- [How to Manage Feeling Overwhelmed](#)
- [Managing Anxiety in the Workplace](#)
- [De-Stress: Meditation and Movement for Stress Management](#)
- [Managing Depression in the Workplace](#)
- [Mindfulness Practices](#)
- [Happiness Tips](#)
- [Balancing Work and Life](#)
- [Ariana Huffington's Thrive 02: Learning How to Unplug and Recharge](#)