

6 LinkedIn courses to deal with PANDEMIC-RELATED STRESS



BY KAYLA WEBSTER

As the pandemic rages on and uncertainty causes stress and distraction, your motivation may be running on empty. But LinkedIn is offering courses to help you get back your spark.

To help you excel even during times of stress, LinkedIn Learning has created six new courses on topics like meditation, enhancing resilience, and dealing with grief and loss. Check out the full list of courses available in their mental health track.

1. ENHANCING RESILIENCE

A psychologist provides tips to help you learn mental resilience.

“Being resilient will not only help you overcome challenges—it will help you thrive,” says Gemma Leigh Roberts, a chartered organizational psychologist, executive coach and founder of the Resilience Edge.

4. DEALING WITH GRIEF, LOSS AND CHANGE

Feelings of loss can hold you back; this psychologist provides strategies for dealing with these feelings during the pandemic.

“Negotiating change and loss is no easy endeavor,” says Joan Rosenberg, psychologist, two-time TEDx speaker and member of the Association of Transformational Leaders. “By taking this course, you’re already taking steps to help manage feelings of discomfort during these changing times.”

6. MANAGING YOUR EMOTIONS AT WORK

A behavior expert teaches you how to control your emotions to be productive and have meaningful connections with coworkers.

“Now, more than ever, we’re being encouraged to be our real selves at work,” says Jay Fields, somatic educator and coach. “I think that’s great because it invites us to be a human being. But I also recognize that it’s challenging; bringing our real selves means that our emotions also show up with us. There’s nothing wrong with emotions, but we’re often unskilled at managing them, especially during charged conversations and emergencies.”

2. SUPPORTING YOUR MENTAL HEALTH WHILE WORKING FROM HOME

Remote work has its perks, but it also comes with unique mental health challenges.

A performance consultant provides strategies you can use to keep up your resiliency.

“Eating a few extra donuts or pizza won’t impact you for a while, but after some time the pounds start to creep on. The same thing goes for your mental health. You can deal with pressure, stress or loneliness while you’re working from home for some time, but eventually those things will affect you and your wellbeing,” says Amy Brann, the author of “Engaged and Make Your Brain Work” and the founder of Synaptic Potential—a digital brain training platform.

3. AVOIDING BURNOUT

A behavior coach teaches you how to keep burnout at bay.

“Sometimes it seems the demands on you at work and at home are always becoming more difficult,” says Todd Dewett, PhD, a management and organizational behavior expert, educator at LinkedIn Learning and TEDx speaker. “Sometimes, stress gets too high, and we don’t manage stress effectively. The good news is, it doesn’t have to be that way.”

5. MINDFUL MEDITATIONS FOR WORK AND LIFE

Learn from LinkedIn’s own meditation specialist how the practice can improve mental clarity and stave off burnout.

“Have you ever wondered how you can be super successful at work, while maintaining a calm, zen-like approach? Powerful skills like meditation and visualization have not only helped me manage stress, but have allowed me to create the life I really want,” says Scott Shute, head of mindfulness and compassion at LinkedIn.



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