

# Managing Stress and Workplace Mental Health Classes Available through [SOV LINC](#)

## Managing Stress

- **Managing Stress and Anxiety During COVID-19:** This lesson is designed to help learners manage their stress and anxiety in the face of the COVID-19 pandemic. In this lesson, viewers will learn the importance of setting boundaries, taking care of themselves, sticking to their routine, and staying connected, among other things, during a public health crisis.
- **Managing Stress:** *Stress Awareness Comes First.* Stress can be both good and bad, depending on the circumstances. This course covers where stress can come from in your life as well as its effects on the mind and the body.
- **Managing Stress:** *Are you Stressed?* This lesson helps you understand stressors and teaches you how to approach different types of stress.
- **Managing Stress:** *Taking Care of Yourself.* This course touches on upon both physical self-care and mental or emotional self-care.
- **Managing Stress:** *Understanding Stress at Work.* This lesson describes types of stress and explains how stress can hurt organizations.
- **Managing Stress:** *Health Hazards at Work.* This lesson is meant to help workplaces be more aware of health hazards to create a safer work environment for everyone. The lesson describes the different types of stress and methods for minimizing it in the workplace.
- **Managing Stress:** *How to Reduce Anxiety.* This lesson is designed to help you ignore what you have no control over, minimize your worry and address what you CAN handle.
- **Managing Stress:** *Dealing with Stress at Work.* This lesson helps the learner develop a process for tackling unavoidable stressful tasks.
- **Managing Stress:** *How to Handle Unavoidable Stress.* This lesson provides various suggestions on how to avoid and reduce everyday stressors.

## Workplace Mental Health

- **Workplace Mental Health:** *Introduction.* This lesson is the first of six in the “Workplace Mental Health” series, which explains how to set an organizational culture that supports mental health.
- **Workplace Mental Health:** *Crisis Intervention.* This lesson is meant to provide basic tips for dealing with crisis situations at work.
- **Workplace Mental Health:** *Warning Signs.* This lesson is meant to help learners notice when their coworkers are dealing with mental illness.
- **Workplace Mental Health:** *Risk Factors.* This lesson is intended to point out workplace conditions that increase employees’ risk of developing mental health problems.
- **Workplace Mental Health:** *Cultural Best Practices.* This lesson is meant to teach learners how to establish a healthy and supportive workplace.