

When and where do you do your best learning?

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Finals – Fall 2021 *How are you feeling?*

Are you Stressed?

- [Mindful Stress Management](#)
- [Recharge Your Energy for Peak Performance](#)
- [Establishing Weekly Routines to Optimize the Day Ahead](#)
- [Breathing Exercise to Calm the Agitated Mind](#)

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Need a Boost?

- [Computer and Text Neck Stretching Exercises](#)
- [Chair Work: Yoga Fitness & Stretching at Your Desk](#)
- [De-Stress: Meditation and Movement for Stress Management](#)
- [Building Resilience](#)

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REACH

Active LinkedIn Learning
Today!

<https://lnkd.in/dD3yyDa>

I'm Energized!

- [Learning Study Skills](#)
- [Managing Your Time](#)
- [Overcoming Procrastination](#)
- [Enhance Your Productivity with Effective Note-taking](#)

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