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

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

Active LinkedIn Learning Today!
https://lnkd.in/dD3yyDa

A partnership with

I’m Energized!

- Learning Study Skills
- Managing Your Time
- Overcoming Procrastination
- Enhance Your Productivity with Effective Note-taking