



Learn Online Today

Health and Wellness Resource Summary

The power of self-directed learning...

Whether you have 5 minutes or 5 hours, there are online courses, videos, reference materials and books available to you that meet your needs. CU is committed to provide continuous learning and professional development opportunities for faculty and staff 24 hours a day.

Short on Time?

Try out the **SkillSoft Business Exploration Series** for “quick hit” learning in as little as five minutes.

Quick Learning Options – Watch a 5 to 20 minute Video

SkillSoft Business Exploration Series: This series provides scenario-based learning, with real world situations. In only a few minutes a day, you will acquire new skills and knowledge that you can immediately apply at work or in life.



Creating Work/Life Balance [ID: _pc_ch_lach036]

Overview: This video exercise explores the ways that work/life balance can be created to minimize stress and maximize productivity. Duration: 15 minutes.



Managing Workplace Stress: [ID: _pc_bi_hrbi006]

Overview: This video offer strategies to consider when evaluating how best to anticipate and manage work-related pressures. Duration: 7 minutes.



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Don't Forget the Books

Check out **SkillSoft Books24x7 Well-Being Essentials**, a collection of over 1200 titles. Topics and subtopics are below:

Books24x7 Well-Being Essentials Collection



Daily Living
Consumer Tips
Fraud & Theft



Nutrition & Healthy Weight
Fitness
Weight Loss



Family & Care-giving
Grief & Loss
Mental Health



Working Smarter
Career Development
Work-Life Balance



Health & Wellness
Stress Management
Health Challenges

Visit the **Employee Leadership and Development** website for additional resources: <http://www.cu.edu/eld>