

Wellness Learning Courses

Take advantage of the following learning sessions to help you focus on various aspects of your overall wellbeing. From managing your day-to-day activities and stress to planning for your future and more, you'll find resources and techniques that can help you at work and home.

Each course has a series of videos and section you can go through at your own pace and strategies to practice and key takeaways.

Stress Management & Work-Life

[Dealing with Stress, Pressure, and Burnout](#)

[Harnessing Emotions in the Workplace](#)

[Coping with Workplace Change](#)

[7 Go-To Strategies To Tame Stress](#)

[Beating Burnout: Spot the Symptoms and Take Action](#)

[Good Stress? Embracing Eustress to Improve Your Life](#)

[The Basics of Managing Stress](#)

Financial Wellness

[Retirement Planning for Every Stage of Life](#)

Mental and Physical Wellness

[Alex Hutchinson on Endurance](#)

[Reenvisioning the Aging Process](#)

[Dr. Vivek Murthy on the Healing Power of Human Connection in a Sometimes Lonely World](#)

[Impostor Syndrome: What It Is and How To Overcome It](#)

[Harnessing the Chatter In Our Minds for Good](#)

For more wellbeing resources, visit your Wellness and Benefits Hub, <https://employees.taylor.com/>.