

NOVEMBER

2024



Mental Health

Learn skills to manage stress, burnout, and identify when others may need help managing their own mental health.

LEARNING OPPORTUNITIES CALENDAR

SUPERVISING LEADERS




ALL LEADERS

NON-SUPERVISING LEADERS




WEEK 1: NOVEMBER 1 - 8

 <p>Article - 5 min</p> <p>Managing Your Well-Being as a Leader</p>	 <p>Article - 5 min</p> <p>How to Support Mental Health at Work</p>	 <p>Article - 5 min</p> <p>9 Practical Tips to Prevent Mental Health Burnout in the Workplace</p>
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WEEK 2: NOVEMBER 11 - 15

 <p>Article - 7 min</p> <p>How to Prevent Burnout in the Workplace</p>	 <p>Video - 10 min</p> <p>How to Avoid Burnout at Work - 13 Personal Development Tips</p>	 <p>Video - 2 min</p> <p>Stress Relief Tips - 7 Ways on How to Lower Stress</p>
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WEEK 3: NOVEMBER 18 - 22

 <p>Article - 4 min</p> <p>Supporting Mental Health in Leadership</p>	 <p>Live Event - 1 hour</p> <p>Statewide Speaker Series Click here to register <i>(When registering, click Company Single Sign-On to sign in to your MOVERS Learn account)</i></p>	 <p>Video - 12 min</p> <p>How to Challenge Your Negative Self-Talk</p>
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WEEK 4: NOVEMBER 25 - 29

 <p>Article - 5 min</p> <p>Mental Health Awareness in the Workplace</p>	 <p>Article - 5 min</p> <p>Coping with Stress at Work</p>	 <p>Article - 5 min</p> <p>How Stress Impacts Productivity</p>
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Any learning done outside of MO Learning needs to be logged in the Team Member Training Portal in [ESS](#).

Need help entering training? Watch this [MO Learning video](#) to learn more!

Questions? Email tmhelpdesk@oa.mo.gov

