

NOVEMBER 2025



MENTAL WELLNESS

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 3 - 7

 Article - 5 min	 Article - 5 min	 Article - 3 min
Workplace Mental Health: 5 Ways to Support Employee Wellness	Preventing Burnout: A Guide to Protecting Your Well-Being	How to Navigate Burnout: Tips for Recovery and Renewal

WEEK 2: NOVEMBER 10 - 14

 Article - 2 min	 Video - 7 min	 Video - 3 min
Is Your Team Stressed Out? Here's How You can Help	5 Steps to Rapidly Reduce Stress	Stress Relief Tips - 7 Ways on How to Lower Stress

WEEK 3: NOVEMBER 17 - 21

 Article - 4 min	 Article - 4 min	 Video - 3 min
Help Your Team Manage Stress, Anxiety, and Burnout	4 Types of Stress and How to Manage Them Effectively	5 Proven Strategies to Boost Your Mental Health Today

WEEK 4: NOVEMBER 24 - 28

 Article - 4 min	 Live Event - 1 hour	 Video - 2 min
5 Ways to Help Your Team Overcome Burnout	Statewide Speaker Series Click here to register (When registering, click Company Single Sign-On to sign in to your MOVERS Learn account)	How to Stop Worrying

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

