

NOVEMBER 2025

LEARNING OPPORTUNITIES CALENDAR



MENTAL WELLNESS

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

SUPERVISING LEADERS

ALL LEADERS

NON-SUPERVISING LEADERS

WEEK 1: NOVEMBER 3 - 7



Article - 5 min

Workplace Mental Health: 5 Ways to Support Employee Wellness



Article - 5 min

Preventing Burnout: A Guide to Protecting Your Well-Being



Article - 3 min

How to Navigate Burnout: Tips for Recovery and Renewal

WEEK 2: NOVEMBER 10 - 14



Article - 2 min

Is Your Team Stressed Out? Here's How You can Help



Video - 7 min

5 Steps to Rapidly Reduce Stress



Video - 3 min

Stress Relief Tips - 7 Ways on How to Lower Stress

WEEK 3: NOVEMBER 17 - 21



Article - 4 min

Help Your Team Manage Stress, Anxiety, and Burnout



Article - 4 min

4 Types of Stress and How to Manage Them Effectively



Video - 3 min

5 Proven Strategies to Boost Your Mental Health Today

WEEK 4: NOVEMBER 24 - 28



Article - 4 min

5 Ways to Help Your Team Overcome Burnout



Live Event - 1 hour

Statewide Speaker Series
Click here to register
(When registering, click Company Single Sign-On to sign in to your MOVERS Learn account)



Video - 2 min

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

