

Build Adaptability and Resilience: Managing Stress via LOC Learn

Build Core Competencies via LOC Learn is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is Adaptability and Resilience: Managing Stress We encourage you to take this opportunity to refresh your skills and abilities and share them with a friend or coworker. Select a learning resource below:

Online Learning Resource	Resource Type, Duration	Speaker/Author	What you will learn:
Types of Stressful Events	Video, 2:42 minutes	Beverly Beuermann-King	The four categories of stress are 1) things that are anticipated, such as marriage; 2) cumulative things, such as conflicts between co-workers; 3) unexpected things, such as an accident; and 4) personality, which colors the way we deal with the other three areas.
Mindfulness is a Powerful Tool	Video, 3:23 minutes	Sarah Stuart	To manage stress and improve performance, mindfulness is a mighty tool.
Reduce Stress in Your Office	Video, 2:42 minutes	Dorie Clark	By introducing a few subtle practices that reduce stress for others, leaders are able to lessen the overall level of stress in the office, including their own stress level.
Managing Pressure and Stress to Optimize Your Performance	Course, 26 minutes	N/A	In this course, you'll learn about managing stress and pressure, situations that trigger pressure, and how pressure can become stress. You'll also look at how stress affects you emotionally and physically, and how to respond to it.
Three Tips to Stop Feeling Overworked and Overwhelmed	Video, 3:52 minutes	Andy Molinsky	Being overworked and constantly stressed out doesn't have to be your fate.
Take a Deep Breath and Manage Your Stress	Course, 22 minutes	N/A	This course explains the physiological, behavioral, and psychological signs and symptoms of stress and where it can come from. It outlines strategies for maintaining work/life balance and managing stress. It also covers ways to change your responses to stress and make them more positive and how to use relaxation techniques and adopting mindfulness to help you focus.
50 Activities for Managing Stress	Book, 304 pages	Roy Bailey	Stress occurs when significant demands on our work and non-work environments exceed our coping routines. This guide offers activities to identify and prevent potentially unproductive levels of stress, and to manage unwanted stress once it has occurred.

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