

# Lynda.com

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## Videos

Got 5 minutes? All of these recommendations are that or less!

- The Importance of Well-being
- Developing Resilience
- Develop Persistence and Resilience
- The Resilience Mindset
- Pressure vs. Stress
- Understand the Impact of Stress
- The Impact of Stress at Work
- Looking at Humor and the 4 Quadrants of Well-being
- Success and Happiness
- Choose Happiness

## Courses

Loving the topic? Dive into a whole course ranging from 30 minutes to 3 hours.

- Building Resilience
- Enhancing Resilience
- Igniting Emotional Engagement
- Mindfulness
- Managing Stress
- Managing Stress for Positive Change
- Finding Work-Life Fit
- Happiness Tips Weekly
- Life Mastery: Achieving Happiness and Success

Visit [www.stancouty.com/lynda](http://www.stancouty.com/lynda) to find a hyperlinked version of this list for easy viewing!

**Always Be Learning.**