Goskills

Improving Your Mental Health at Work

GoSkills online course syllabus

Skill level
Beginner

Lessons
20

Pre-requisites
No prior experience needed

Video duration
58m

Estimated study time
58m 29s

Instructor
Karen Doll

Introduction

1 Mental health in the workplace

Now more than ever, feeling happy, secure, and excited when it comes to the workplace has become increasingly more challenging.

Workplace Mental Health Awareness

2 Current state of affairs

Employee mental health is currently the most commonly discussed topic for leaders and organizations, but why has it become such a problem?

3 Stress response and burnout

When you don't have an opportunity to catch your breath in between heavy workloads or times of stress, it can lead to you feeling stressed or even burnt out.

Resilience Building Activities

4 FLOW activities

These days, if you're feeling overworked or overwhelmed, you're not alone.

5 Book of awesome

Your brain has a negativity bias, which means you tend to dwell on the negative and over personalize criticisms.

6 Gratitude and service

It's proven that demonstrating gratitude and doing good for others is the quickest, highest impact way to experience an immediate improvement in well-being.

7 Connection and community

In the digital world, the experience of loneliness is at an all time high, which is negatively impacting mental health.

Stress Management Techniques

8 Fundamentals of well-being

In order for you to develop the ability to improve your mental health, you need to recognize what factors into that and your overall well being.

9 Regulating your inner state

Regardless of your external circumstances, you can always develop the ability to manage your inner state.

10 Managing your energy

There is opportunity to upgrade the paradigm from work life balance to energy management.

Upgrading Your Mental Models

11 Healthy thinking

Your thoughts have a significant impact on your mental health, but you can assess what thinking patterns are serving you and what patterns could be upgraded.

12 Emotional literacy

It can be challenging to regulate yourself in the face of intense emotion, but not regulating your emotions effectively can have negative impacts.

13 Self-compassion

High achievers tend to be self-critical, which can be wearing and take a toll on mental health.

Attention Management

14 Increasing focus

If you've ever faced the challenge of distraction, you know how difficult it can be to sort through a work day and eliminate the noise.

15 Boundary setting

If you're finding yourself over-committing or trying to please others, you probably need to set some boundaries.

Organizational Practices to Improve Mental Health

16 Shared accountability

Organizations, leaders, and employees all play a part in enhancing mental health at work.

17 Leadership's role

Support for improving mental health at work has to come from the top, but you can help your manager to take an active role.

18 Employees' role

You can take a proactive role in caring for your mental health through the practices noted previously, but some might be more effective than others.

19 Psychological fitness plan

One of the ways your organization or team can benefit mental health at work is to incorporate psychological fitness plans.

Conclusion

20 Hope for growth

Thanks for watching this course!

Go to GoSkills.com