



LinkedIn Learning August Challenge: Keep Calm and Learn On

For most, the past 18 months have taken a toll on our **mental health**. A pandemic, isolating lockdowns, natural disasters, & social unrest are **a lot to cope with**. More than ever, it's critical we **take care of ourselves** and **one another**.

We're launching the **LiL August Challenge: Keep Calm and Learn On**, kicking off **August 10th**. The content focuses on **understanding anxiety** in week 1, followed by **copng strategies** in week 2, and tips for **supporting others** in week 3.

Challenge yourself to participate every day – it takes **~5 minutes** or less. To stay on track, try keeping a journal or print the calendar and initial each day when you've completed it. **Keep calm and learn on.**

Calendar below:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Challenge Starts Tomorrow!</p> <p>→</p> <p>Monday to Friday challenge, starting on August 10th with links for each day!</p>	<p>10</p> <p>10 August Video ▶:</p> <p>Defining Stress (3m 14s)</p>	<p>11</p> <p>11 August Video ▶:</p> <p>Type 1 and Type 2 Anxiety (3m 52s)</p>	<p>12</p> <p>12 August Video ▶:</p> <p>Getting to Know the Different Types of Grief (3m 37s)</p>	<p>13</p> <p>13 August Video ▶:</p> <p>Your Brain on Overwhelm (2m 36s)</p>
<p>16</p> <p>16 August Video ▶:</p> <p>The Pros and Cons of Exercise When Anxious (3m 18s)</p>	<p>17</p> <p>17 August Video ▶:</p> <p>Anxiety (4m 50s)</p>	<p>18</p> <p>18 August Activity 🎯:</p> <p>Guided Meditation Counting Breaths: 1 to 10 Technique</p>	<p>19</p> <p>19 August Video ▶:</p> <p>Suppressing, Accepting, or Reappraising: Which is Best and Why? (3m 27s)</p>	<p>20</p> <p>20 August Video ▶:</p> <p>Manage Your Attention Through Mindfulness (2m 59s)</p>
<p>23</p> <p>23 August Video ▶:</p> <p>The Platinum Rule of Friendship (2m 20s)</p>	<p>24</p> <p>24 August Video ▶:</p> <p>Opening the Dialogue about Mental Health and Emotional Safety (3m 56s)</p>	<p>25</p> <p>25 August Video ▶:</p> <p>Recognizing Grief in Team Members (4m 28s)</p>	<p>26</p> <p>26 August Video ▶:</p> <p>How to Provide Meaningful Support (3m 55s)</p>	<p>27</p> <p>27 August Activity 🎯:</p> <p>List your biggest takeaway(s) from the August Challenge:</p> <p>_____</p> <p>_____</p> <p>_____</p>