

# 6 Video module learning pathway Stress & Resilience Pathway

10 minute videos with workbooks & 1 Minute support videos



LearningPlanet

www.learningplanet.co.nz



## Managing Stress



## Being Resilient



## Health and Wellness



## Being assertive



## Mindfulness



## Emotional Clients and Colleagues



Dealing with Anxiety and Stress

Being Resilient

Stress Response

Choose your Attitude

Calming anxiety in the moment

Boosting Confidence

Amygdala Hijack

Dealing with Change

1 minute video refreshers & quick reinforcers

Timeline for programme application

1

2

3

4

5

6 & Return to start