

Coping during Covid-19

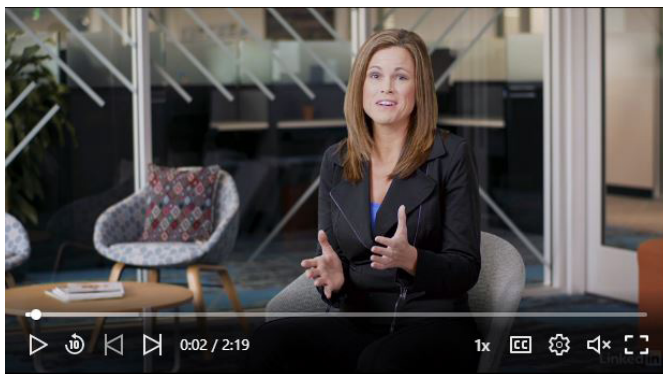


Building resilience and managing stress

Among the biggest challenges facing people during the Covid-19 pandemic is how to deal with an ongoing situation of extreme stress. Societal, home and remote work stress have combined to increase stress levels seldom seen in such a large portion of the global population.

As many of us have learned during this time, it is possible to improve how you cope with stress and to build greater resilience. If you feel like you aren't managing to get on top of these things, here are two free courses to help you:

Managing Stress for Positive Change and **Building Resilience** are just two of the many free e-learning courses available to you through LinkedIn and OpenSesame on SuccessFactors. These courses can be accessed online via SuccessFactors and completed at your own pace.



Managing Stress for Positive Change provides insight into how your body and brain respond to stress – and teaches you coping tools to deal with stressful situations



Building Resilience helps you determine your own level of resilience and how to build greater resilience from stressful situations



To access these and many other free courses, log on to your SuccessFactors profile, navigate to **LEARNING** and:

1. Look for the **RECOMMENDATIONS** box which is where you will find the LinkedIn Courses, or
2. Type 'Working from Home' into the **FIND LEARNING** box to search the OpenSesame courses.

Other **FREE** online courses available include:

1. Working virtually
2. Assessing and managing virtual team performance
3. Setting communication standards for virtual teams
4. Supporting remote workers
5. Managing virtual teams
6. Collaborating successfully with remote team members
7. Tips on using virtual communication platforms effectively

...and **MUCH** more!



Stay safe. Take care of yourself and those around you.



safety



integrity



respect



responsibility



innovation



delivery



GOLD FIELDS