

## Ragan's Workplace Wellness Webinar – Resources and Links

### **Women@Work 2021 – [Redefining the workforce of tomorrow](#)**

*What work looks like has been forever changed and we need to talk about it! An on demand recording of panel discussions and keynote addresses to get a deeper understanding of how to navigate the ever-changing workplace landscape and inspired so many to face the challenges that lie ahead.*

### **Mental Wellness Support from a Surprising Source: [Why and How to Prioritize Mental Health at Work](#)**

*As more people have struggled with mental health over the past year, organizations are looking for ways to best support their employees. From resource toolkits to team building, read on for strategies to prioritize mental wellness and why it's a good idea to do so.*

### **Is Pandemic Burnout Draining Your Motivation and Energy? [Here's How We Can All Promote Recovery](#)**

*We tend to view stress and burnout in terms of the short-term demands of a sprint: the rush to meet a deadline or prepare for an important presentation. But the demands of a marathon take a different kind of toll on us. To recover and thrive as we move forward requires strong, purposeful action from individual employees and business leaders.*

### **[The Human and Economic Cost of Loneliness](#)**

*The COVID-19 pandemic has taken an emotional toll on employees and compounded stress and loneliness in an already stressed and increasingly lonely workforce and social isolation.*

### **[The Value of Belonging at Work](#)**

*Social belonging is a fundamental human need, hardwired into our DNA. And yet, 40% of people say that they feel isolated at work, and the result has been lower organizational commitment and engagement.*

### **[Five Ways Bosses Can Reduce Mental Health Stigma at Work](#)**

*One in four adults will struggle with a mental health issue. At work, those suffering — from clinical conditions or more minor ones — often hide it for fear that they may face discrimination from peers or even bosses. These stigmas can and must be overcome.*

### **[Practicing Emotional First Aid](#), Guy Winch. TEDx, 17:15 mins.**

*Because too many of us deal with common psychological-health issues on our own, Dr. Guy Winch advocates for better emotional hygiene — taking care of our emotions and minds with the same diligence as we take care of our bodies.*

### **[Feeling Overwhelmed? Here is how to get through your workday.](#)**

*When people feel overwhelmed, difficult emotions, their instinct can be to spend all day browsing the internet or to drown themselves in work as a distraction. But, there are alternatives between these extremes that can help you feel better, bounce back faster, and regain your confidence to handle whatever personal situations you're facing...*

### **[Webinar: Burnout Recovery Roadmap. Limeaid: 2021](#)**

*Only in the past two years did the World Health Organization (WHO) classify workplace burnout as an occupational syndrome. Traditionally, burnout is thought of as chronic workplace stress that has not been managed successfully.*