

WELLNESS WEBINARS & VIDEOS

Via **PAYLOCITY**

Short Stack Menu > Learning > Health and Wellness

14 Trainings related to Mental Well-Being, Mindfulness & Managing Stress, Resiliency



Learning















Training Catalog

Health and Wellness

- Mental Well-Being
- Mindfulness & Managing Stress
- Resiliency

Health and Wellness

14 Trainings

 <p>On-Demand Employee 1 hr 12 min On-Demand</p>	 <p>On-Demand Supervisor 1 hr 12 min On-Demand</p>	 <p>On-Demand Employee 1 hr 12 min On-Demand</p>
 <p>On-Demand Employee 1 hr 12 min On-Demand</p>	 <p>On-Demand Supervisor 1 hr 12 min On-Demand</p>	 <p>On-Demand Employee 1 hr 12 min On-Demand</p>
 <p>On-Demand Employee 1 hr 12 min On-Demand</p>	 <p>On-Demand Supervisor 1 hr 12 min On-Demand</p>	 <p>On-Demand Employee 1 hr 12 min On-Demand</p>
 <p>On-Demand Employee 1 hr 12 min On-Demand</p>	 <p>On-Demand Supervisor 1 hr 12 min On-Demand</p>	 <p>On-Demand Employee 1 hr 12 min On-Demand</p>
 <p>On-Demand Employee 1 hr 12 min On-Demand</p>	 <p>On-Demand Supervisor 1 hr 12 min On-Demand</p>	

Via PREVENTION CLOUD

- Emotional Well-Being Videos



- Dashboard
- Activities
- Activity Forms <
- Health Forms <
- My Health <
- My Plan
- Trackers <
- Challenges <
- Quizzes
- Support
- Emotional Well-Being <**
- Journey Videos

Dashboard > Emotional Well-Being > Journey Videos

Duration (Min)

Min : 1

Max : 46



Categories

- Acceptance
- Balancing Work and Dating
- Beginner Series
- Better Relationships at Work & Home
- Finding Happiness in Uncertain Times
- Finding Work-Life Balance
- Fundamentals
- Investment
- Managing Stress
- Meditation
- Mindful Leadership
- Mindfulness
- Morning Start
- Music
- Other
- Productivity
- Reducing Anxiety
- Relationships
- Reflection
- Resilience
- Self Reflection
- Skillfull Communication
- Sleep
- Staying Productive in Today's New Normal
- Stress Management

• Monthly Webinars and Quizzes

- Activity Forms <
- Health Forms <
- My Health <
- My Plan <
- Trackers <
- Challenges <
- Quizzes**
- Support
- Emotional Well-Being <

Quiz Plan

Quiz	Start Date
Financial Stress	01/01/2026
Back Health	02/01/2026
Healthy Meals At Home	03/01/2026
Aging & Your Diet	04/01/2026
CREATIVE WAYS TO STAY ACTIVE	05/01/2026
Flexibility and Posture	06/01/2026
Quick and Easy Cooking	07/01/2026
Restful Sleep	08/01/2026
Stress Reduction Techniques	09/01/2026
Men's Health	10/01/2026
Women's Health	10/01/2026
The Working Parent	11/01/2026
Positive Thinking Quiz	12/01/2026