



**Thrive at Work: Mind, Body, Emotion, and Relationships**

**A Skillsoft Wellness Journey**

**Whole Health, Whole Happiness**

This Journey was set up to create a path for you to develop skills and increase your feelings of health, resilience, and well-being. You can choose to go through the resources in order, or pick a topic and the resources that feel right for you day-to-day. All you need is ten minutes a day to pave your way to a healthier you!

It’s important to regularly assess what activities contribute to your wellbeing and which ones detract. To get you started, here are some things to think about:

1. What are some wellness practices that you currently engage in, and how have they benefited you?
2. What are some areas of your life where you could improve your wellness, and what steps can you take to do so?
3. How do you manage stress and maintain a healthy work-life balance?

If you are ready to embark on journey toward personal wellness, consider launching the featured journey and jump into the Mind, Body, Emotion, or Relationship track that appeals most to you.

 SKILL UP TO UNLEASH YOUR EDGE.
<site\_URL>

For more information, contact **<admin\_name>** or email **<admin\_email>**,

Thrive at Work: Mind, Body, Emotion, and Relationships

**CLICK TO LAUNCH FEATURED ASSET**

**JOURNEY**

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* We always recommend testing all links before distribution just to be safe.
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	+ Alternatively, ask your account team for a custom mapping at no cost to you!
* Looking for help? Ask your account team about custom templates through our Professional Services team!

 In order to save you time, Skillsoft has curated a number of titles for this topic. Below you will find a table that includes (where available) a recommended asset for each of the different modalities we offer. Additional Watch assets are selected for customers who do not license the full collection.

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Journey