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For most, the past 18 months have taken a toll on our **mental health**. A pandemic, isolating lockdowns, natural disasters, & social unrest are **a lot to cope with**. More than ever, it's critical we **take care of ourselves** and **one another**.

The **LiL August Challenge: Keep Calm and Learn On**, kicks off **August 10th**. The content focuses on **understanding anxiety** in week 1, followed by **coping strategies** in week 2, and tips for **supporting others** in week 3.

Challenge yourself to participate every day – it takes about 5 minutes or less. Don't have time to participate every day? No problem. The purpose of this challenge is to explore new learning opportunities and resources available through your **FSU LinkedIn Learning membership**. **Keep calm and learn on.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <p>Challenge Starts Tomorrow!</p> 	<p>10</p> <p>Video : Defining Stress (3m 14s)</p>	<p>11</p> <p>Video : Type 1 and Type 2 Anxiety (3m 52s)</p>	<p>12</p> <p>Video : Getting to Know the Different Types of Grief (3m 37s)</p>	<p>13</p> <p>Video : Your Brain on Overwhelm (2m 36s)</p>
<p>16</p> <p>Video : The Pros and Cons of Exercise When Anxious (3m 18s)</p>	<p>17</p> <p>Video : Anxiety (4m 50s)</p>	<p>18</p> <p>Activity : Guided Meditation Counting Breaths: 1 to 10 Technique</p>	<p>19</p> <p>Video : Suppressing, Accepting, or Reappraising: Which is Best and Why? (3m 27s)</p>	<p>20</p> <p>Video : Manage Your Attention Through Mindfulness (2m 59s)</p>
<p>23</p> <p>Video : The Platinum Rule of Friendship (2m 20s)</p>	<p>24</p> <p>Video : Opening the Dialogue about Mental Health and Emotional Safety (3m 56s)</p>	<p>25</p> <p>Video : Recognizing Grief in Team Members (4m 28s)</p>	<p>26</p> <p>Video : How to Provide Meaningful Support (3m 55s)</p>	<p>27</p> <p>Activity : List your biggest takeaway(s) from the August Challenge:</p> <hr/> <hr/> <hr/>