



Health & Wellness Course List

Get started today, email support@h2l.live for more information

Sample Course List

7 Go-to Strategies to Tame Stress
Beating Burnout: Spot the Symptoms and Take Action
Dealing with Stress, Pressure, and Burnout
Good Stress? Embracing Eustress to Improve Your Life
How to Create and Employee Wellness Program: A Step-by-Step Guide
Imposter Syndrome: What It Is and How to Overcome It
Learning Ergonomics
Promoting Positivity at Work
Seasonal Affective Disorder (SAD)
Wellness Toolkit: Establishing a Wellness Program
Wellness Toolkit: Modifiable Risk Factors
Wellness Toolkit: Handling Headaches
Wellness Toolkit: Healthy Eating on the Go
Wellness Toolkit: Improving Your Sleep Hygiene
Wellness Toolkit: The Science of Good Sleep
Workplace Mental Health
Workplace Mental Health for Manager

Sub-Topics

Emotional Health
Mental Health
Physical Health

Please note, the courses listed represent a sample of the courses offered by H2L. If you are looking for a topic that is currently unlisted or unavailable, please reach out to support@h2l.live

