

Taking Care of YOU

Hello Everyone,

This Sunday, October 10, is World Mental Health Day—a time to raise awareness of mental health issues around the world and to help make mental healthcare a reality for people worldwide. World Mental Health Day is also an opportunity to take care of YOU, while also providing support to one another.

For anyone who'd like to learn some strategies to maintain mental wellness and how to help support others in need, we've curated a new list of LinkedIn Learning courses:

- Balancing Work and Life as a Work-from-Home Parent
- Dealing with Grief, Loss, and Change as an Employee
- How to Manage Feeling Overwhelmed
- How to Support Your Employees' Well-Being
- How to Train Your Brain for Happiness
- Managing Anxiety in the Workplace
- Managing Your Emotions at Work
- Managing Your Well-Being as a Leader
- Mindfulness Practices

[Click to Access the LinkedIn Learning Course Collection](#)

It's been more than 18 months since the start of the COVID-19 pandemic. In some countries, life is beginning to return to normalcy; while in others, rates of transmission and hospital admissions remain high. In all countries, however, the pandemic has had a major impact on people's mental health. Let's use today to remind us of the importance of mental well-being. Let's remember to take care of ourselves and one another.

P.S. To find out what additional mental health-related resources may be available to Tangoe employees in your region, please reach out to your local HR Manager.