

Resources for employees

Resources to support well-being for employees and their families.

[At work](#) [Getting Help](#) [Personal Growth](#)

At work

Free tools and resources to support resilience, emotional intelligence and well-being. Approaches and activities to help you reduce stress and improve mental health.

- [Anger](#)
- [Emotional intelligence for employees](#)
- [Emotional intelligence self-assessment](#)
- [Loneliness and social connection](#)
- [Loss and grief](#)
- [Manage anxious or depressive thoughts](#)
- [Managing stress](#)
- [Mental health apps](#)
- [Post-secondary student resilience](#)
- [Relationship management for emotional intelligence](#)
- [Resilience](#)
- [Self-awareness for emotional intelligence](#)
- [Self-management for emotional intelligence](#)
- [Social awareness for emotional intelligence](#)

Resources for employees

Getting Help

Resources and tools to help employees address workplace issues. Find an array of approaches for conflict, bullying, accommodation and well-being.

- [Career review](#)
- [Constructive criticism](#)
- [Coping with change](#)
- [Dealing with a stressful boss](#)
- [Healthy break activities](#)
- [Helping troubled co-workers](#)
- [Independent professionals](#)
- [Managing trauma at work](#)
- [Mental health at work](#)
- [Mental health awareness videos](#)
- [Planning for a mentally healthy retirement](#)
- [Prevent burnout](#)
- [Protecting ourselves against bullying](#)
- [Requesting accommodation](#)
- [Resolving personal conflict](#)
- [Self-doubt and impostor syndrome](#)
- [Setting healthy boundaries at work](#)
- [Starting a new job](#)
- [Tolerating confrontation](#)
- [Employee Assistance Program \(EAP\)](#)
- [Working from home](#)
- [Working parents](#)
- [Work-life balance tips](#)
- [Workload stress](#)

Personal Growth

Tools to help you and those you care about who may be struggling with health issues. We searched for credible and practical resources on a wide variety of health concerns.

- [Assessing your current situation](#)
- [Assessing your mood](#)
- [Caregiver resources](#)
- [Family issues](#)
- [Financial stress](#)
- [Health resources](#)
- [Mental health awareness weekly emails](#)
- [Preparing for a difficult conversation](#)
- [Psychosis and how to help in a crisis](#)
- [Self-assessment health tools](#)
- [Supportive conversation library](#)
- [Virtual support groups](#)