



MANAGING WORKPLACE STRESS COURSE RESOURCES

USEFUL LINKS

- [Health Canada Information and Tips](#)
- [Stress Focus Reliable Resources to Reduce Stress](#)
- [The Stress Page from Mind Tools](#)
- [Time Management and Productivity Tools & Courses](#)
- [Stress at Work – Tips to Reduce and Manage Job and Workplace Stress](#)
- [The 8 Types of Work Related Stress](#)
- [Stress at Work from the World Health Organization](#)