

Wellness Series

The Wellness Series is an 18 course series released across all essential libraries this month. These 10 minute courses focus on employee wellness and drive behavior change through providing realistic applications of the material. These courses are available with audio in both Spanish and English and have been designed to be mobile optimized. Please see the chart below for a full list of courses.



Module Title	Hours	Category	Module Description
Alcohol Use: How Much is Too Much? REL-ALL-0-ALCUSE	0.25	Employee Wellness	This course helps you reflect on your drinking habits to determine if you are at risk of developing alcohol-related problems.
Diabetes Prevention REL-ALL-0-DPREV	0.25	Employee Wellness	This course looks at common symptoms and complications of type 2 diabetes and how to reduce your risk of developing this condition.
Emotional Intelligence: Awareness REL-ALL-0-EINTEL	0.25	Employee Wellness	This course is about developing emotional awareness as the first step toward building emotional intelligence.
Emotional Intelligence: Feeling & Thinking REL-ALL-0-EINTELFT	0.25	Employee Wellness	This module will explain a little bit about how emotions work in the brain and how developing your EQ can improve your quality of life.
Healthy Eating on a Budget REL-ALL-0-HEB	0.25	Employee Wellness	This course will help you understand how to make the best choices and implement them into the daily life.
Healthy Sleep REL-ALL-0-HS	0.25	Employee Wellness	This course explains why sleep is important and how sleep hygiene can improve your quality of sleep.
Heart Disease Prevention REL-ALL-0-HDPREV	0.25	Employee Wellness	This course teaches you about heart disease risks and introduces positive heart health practices you can apply in your own life

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Importance of Physical Fitness REL-ALL-0-IPF	0.25	Employee Wellness	This course looks at how you can incorporate fitness activities into your everyday life.
Mental Fitness REL-ALL-0-MF	0.25	Employee Wellness	Through this course you will be empowered with strategies to enhance and sustain your memory functioning for optimal performance.
Safe Use of Prescription Medications- Pt 1 REL-ALL-0-SUPD	0.25	Employee Wellness	This course will help you locate and interpret important instructions given to you with a prescription medication.
Safe Use of Prescription Medications- Pt 2 REL-ALL-0-SUPD2	0.25	Employee Wellness	This course on prescription medications focuses on identifying interactions and recognizing the misuse and abuse of medications.
Side Effects of Care Giving REL-ALL-0-SECG	0.25	Employee Wellness	Caregiving demands a tremendous amount of compassion and empathy. While this can be incredibly rewarding, it can cause some adverse side effects.
Smoking Cessation: Ready, Set, Quit! REL-ALL-0-SMCESS	0.25	Employee Wellness	This smoking cessation course walks you through the basics of making a quit plan.
Stress Management REL-ALL-0-STRMGT	0.25	Employee Wellness	This course will teach you to identify triggers and develop a personal stress management plan.
Time Management REL-ALL-0-TMGMT	0.25	Employee Wellness	Develop a basic understanding of time management skills by recognizing common “slippery slope” moments and identifying strategies to overcome them.
Weight Management REL-ALL-0-WGTMGMT	0.25	Employee Wellness	This course provides an overview of key nutrition points to assist you with weight management.
Work-Life Balance REL-ALL-0-WLBAL	0.25	Employee Wellness	This course will explore the factors causing imbalance between work and home and teach you how to make changes in both areas to restore balance.
Your Dental and Oral Health REL-ALL-0-DOH	0.25	Employee Wellness	This course teaches you about the components of dental and oral hygiene and explains why it pays off in the long run!