

Resolving Conflict in Intimate Relationships



Are you and your partner drifting apart?

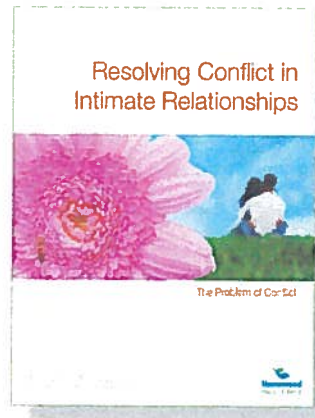
Are you feeling increasingly disconnected from your partner? Are you questioning whether you should stay in your relationship? Are you looking for ways to enhance your relationship? There is good news. The task of achieving and maintaining a happy and stable relationship is not a mystery. While there are many potential pitfalls that can derail any relationship, it is possible to avoid these pitfalls if you have a reliable roadmap to follow.

Course Contents

- Learn the building blocks of constructive conflict resolution.
- Learn the destructive forces that lead to communication breakdown.
- Learn strategies to de-escalate conflict and reduce emotional upset.
- Learn strategies to develop goodwill and strengthen friendship.

Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



ENROLL NOW!

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at www.homewoodhealth.com.

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material)



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Responsible Optimism



What makes positive thinking so powerful?

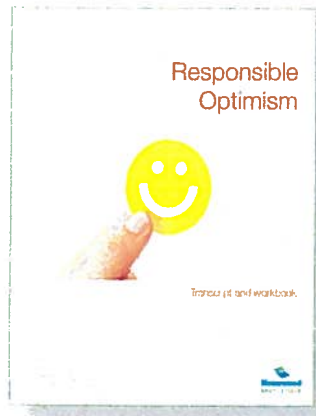
Thinking optimistically, rather than negatively or pessimistically, is a proven key to avoiding feelings of depression, persisting longer at challenging tasks, and facing each day with hope and excitement. This course provides users with the tools they require to change their thinking.

Course Contents

- The difference between optimism and pessimism.
- How optimism can improve your mood, health, productivity, and more.
- Four strategies for clearing your mind of self-talk.
- Three strategies for gaining perspective on self-talk.
- Three strategies for challenging self-talk.

Additional Features

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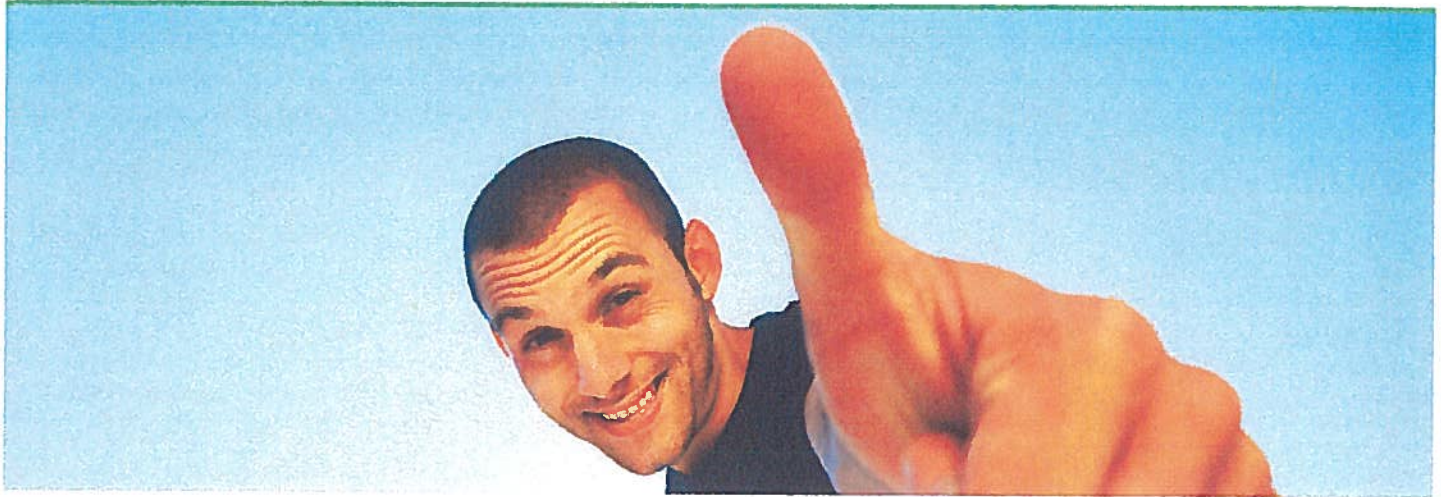
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Resilience



How can you turn life's challenges into opportunities?

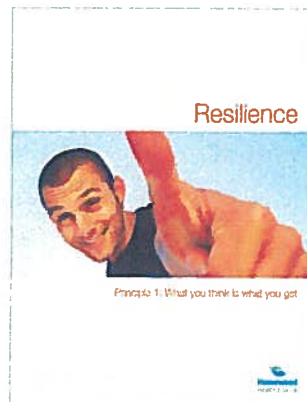
This course features video segments of a psychology expert and four people learning to become more resilient. The course features before-and-after testimonials, interviews with a psychologist, and step-by-step exercises.

Course Contents

- How to think optimistically and control negative or self-defeating thoughts.
- How to learn from feelings and use them to propel yourself to action, rather than paralyze you with inaction.
- How to take constructive steps towards changing your behaviour.
- The importance of staying connected to friends, family, work, and whatever provides meaning to your life.

Additional Features

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Taking Control of Stress



Is there more to stress management than learning to relax?

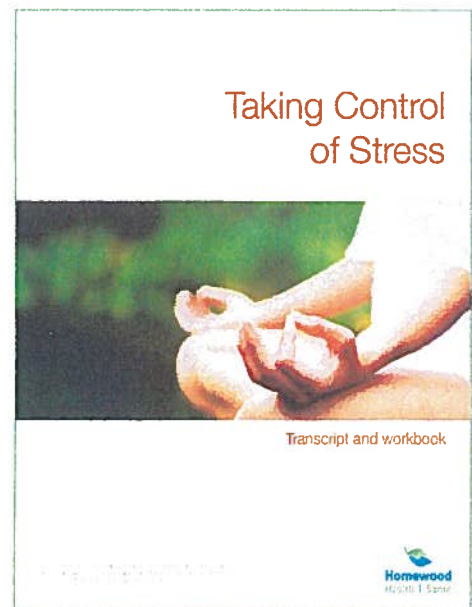
Most people feel that they are under "higher than normal" levels of stress and pressure. This course focuses on key stress management skills, including: managing thinking and feelings, time management, increasing positive experiences, getting active and relaxation.

Course Contents

- What stress is.
- Signs and symptoms of unhealthy stress.
- Seven stress management strategies.

Additional Features

- Audio recordings of relaxation exercises to download and use offline (MP3 format).
- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



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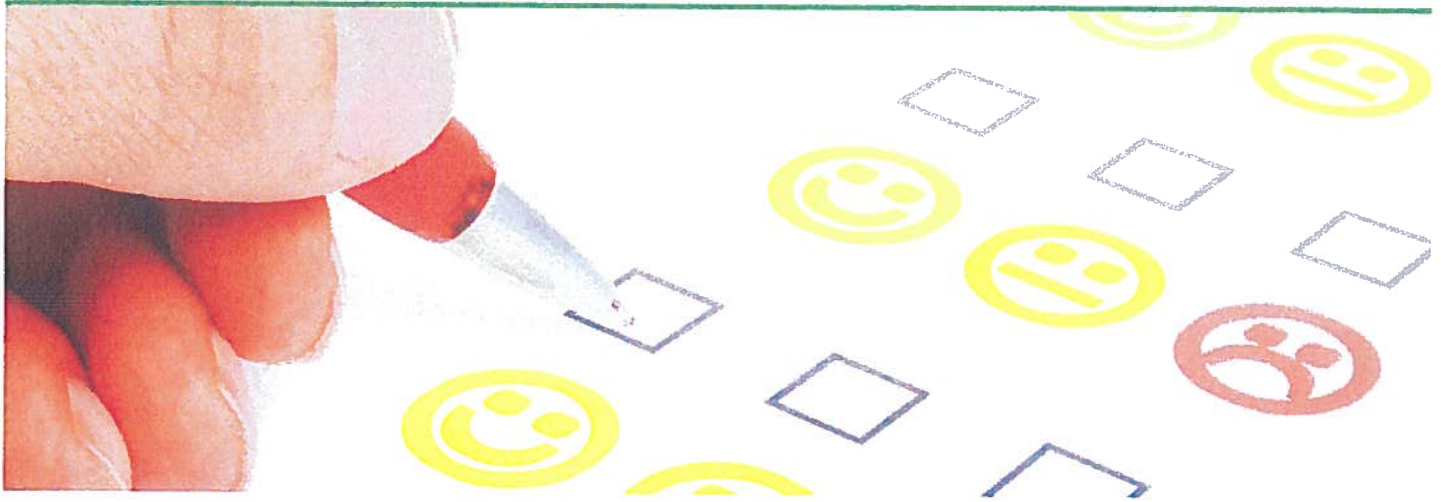
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Taking Control of Your Mood



What is low mood and what can you do about it?

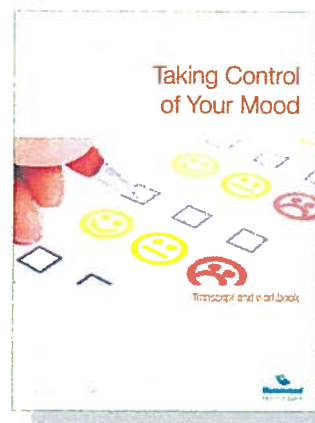
Feelings of sadness are normal but sometimes they are troublesome and require additional help. This course offers self-care strategies for improving sad moods, including: eating and sleeping well, managing thinking and feelings, increasing positive experiences, getting active and tension reduction.

Course Contents

- The difference between normal sadness and depression.
- Medical and psychological models of low mood.
- What depression is and what causes it.
- Self-care strategies.
- When to seek professional help.

Additional Features

- Self-guided workbooks for completing offline.
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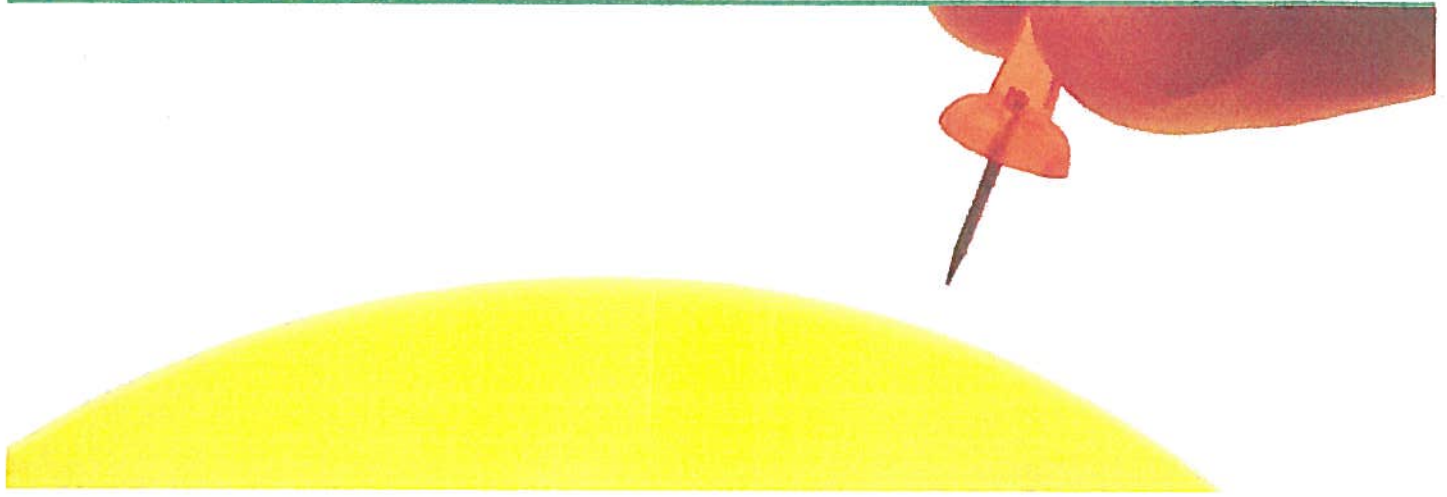
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Taking Control of Anger



Is your anger productive...or destructive?

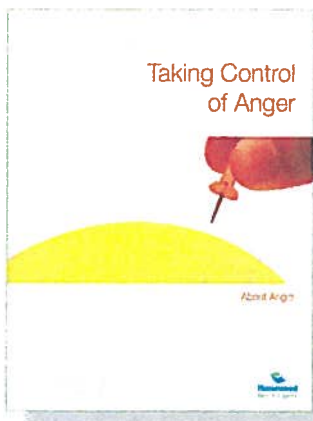
This course can help you manage angry feelings and/or angry behaviour. If you are concerned about the consequences of anger to your health, relationships, and/or job, the course can teach you how to cope effectively with stresses and frustration, and how to let fewer things upset you.

Course Contents

- A model that will help you understand where your anger comes from and your options for managing it.
- Ways to calm yourself and reduce anger-related tension.
- How to change anger-triggering thoughts.
- Constructive problem-solving as a way to express yourself as an alternative to aggression or angry behaviours.

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