




## LinkedIn Learning May 2025 Challenge

The **LinkedIn Learning May Challenge** kicking off **May 5**, is focused on mental health and wellbeing.

Challenge yourself to complete each day's short learning opportunity, each can be completed in just **5 minutes**.

### Follow these steps to participate:

- \* **Print or save** the attached calendar
- \* **Complete** each day's learning challenge
- \* **Reflect** on your experiences
- \* **Practice**, take what you have learned and put it into practice!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> <a href="#">Acknowledge Your Emotions</a>	<b>6 (R)</b> Am I balancing work and personal time in a way that feels healthy?	<b>7</b> <a href="#">Create a Nightly Ritual for Sleep</a>	<b>8 (P)</b> Take a 5-minute mindfulness or guided meditation break.	<b>9</b> <a href="#">Nano Tips for Avoiding Burnout</a>
<b>12 (R)</b> Do I communicate my needs or concerns effectively with my team?	<b>13</b> <a href="#">How Can You Communicate Your Boundaries?</a>	<b>14 (R)</b> Have I taken enough breaks to recharge?	<b>15</b> <a href="#">Reframing Thoughts for Wellbeing</a>	<b>16 (P)</b> Do a quick stretch or yoga pose at your desk to relieve physical and mental tension.
<b>19</b> <a href="#">Walking Mindfulness for Wellbeing</a>	<b>20 (R)</b> What is something small I can do today to improve my mental health at work?	<b>21</b> <a href="#">Creating Calm with Breathing Techniques</a>	<b>22 (R)</b> What positive wins/moments can I celebrate from this week?	<b>23</b> <a href="#">Set The Stage for Flow</a>
<b>(R)</b> What has been the biggest takeaway from this challenge?	Bonus: <a href="#">Dartmouth FEAP Wellness Tucker Center</a>	<i><b>(R) Reflection Prompt</b></i> <i><b>(P) Practice Prompt</b></i>		 <b>DARTMOUTH</b>