

Well-Being and Engagement Video Breaks

Surgeon General's Framework for Workplace Mental Health and Well-being
https://www.youtube.com/watch?v=2_iftFuTGDk

Workplace of the Future
<https://www.youtube.com/watch?v=jHNetehfW9w&t=59s>

What Does It Mean to Have "Burnout"?
<https://www.youtube.com/watch?v=G6bqMASijk8>

TED: 3 rules for better work-life balance
https://www.youtube.com/watch?v=4c_xYLwOx-g&t=10s

Your 3-Step Guide to Setting Better Boundaries at Work
<https://www.youtube.com/watch?v=4SCrXqbhmCY>

How to Calm Your Anxiety, From a Neuroscientist
<https://www.youtube.com/watch?v=FpiWSFcL3-c>

iGen: The Smartphone Generation | Jean Twenge
https://www.youtube.com/watch?v=UA8kZZS_bzc

Quiet Firing: How It Shows Up and What Managers Can Do About It – Gallup
<https://www.youtube.com/watch?v=fQ3mdFzeejs>

How AI Could Empower Any Business
<https://www.youtube.com/watch?v=reUZRYXxUs4>

Ergonomics Expert Explains How to Set Up Your Desk
https://www.youtube.com/watch?v=F8_ME4VwTiw

How Overparenting Backfired on Americans
<https://www.youtube.com/watch?v=IoXpNJLFngc>
The One Factor Causing Depression and Anxiety in the Workplace
<https://www.youtube.com/watch?v=G0tgMubFqd8>