

CREDIBLEMIND SCAVENGER HUNT



Life & Work
Connections

Exploring mental health resources doesn't have to feel overwhelming. This quick scavenger hunt will help you discover what **arizona.crediblemind.com** has to offer.

Pick one or two items from the list below that interest you. Explore at your own pace and see what resources might be helpful for you.



CredibleMind

- ☐ Locate the free online assessments.
- ☐ Find an article about stress.
- ☐ Locate a series in the Learning Lab.
- ☐ Discover a new podcast.
- ☐ Name one practice you might be interested in doing.
- ☐ Review one article that can be helpful for your department.
- ☐ Check out the Flourishing Course.
- ☐ Watch a video about burnout.
- ☐ Find the anxiety assessment.
- ☐ Take a look at the trending topics.

