

# SMILE

Stress Management Initiative  
for Lifestyle Enhancement



The UAB Employee Assistance & Counseling Center's virtual resilience-training program teaches you integrated mindfulness skills for quickly bouncing back from stress. Skills, including meditation, deep breathing, strategies for healthy habits, building resilience, improving work-life balance, goal setting, and identification and management of stress triggers, are offered free online through LinkedIn Learning. Access the SMILE LinkedIn Learning Path at [uab.edu/codeblaze](https://uab.edu/codeblaze).

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