

Use this guide to work through your course.

**OVERCOMING U**  
**C O U R S E S**

LOG IN FAQ

**YOUR COURSE TITLE**

Your Employer - Date of Course

Click on REGISTER. → REGISTER

This is your homepage. Use the link in your emails.

**OVERCOMING U**  
**C O U R S E S**

LOG IN FAQ

First Name

Last Name

Email

Password

Confirm Password

REGISTER

Log In

Email

Password

Remember Me

LOG IN

• [Lost your password?](#)

**YOUR EMPLOYER'S WELLNESS LOGO**

Organization Details  
Name: Your Employer  
Email: support@overcomingu.com

If you have NEVER taken an Overcoming U course, register by filling out this section.

Please use your WORK email.

Click on REGISTER.

**OVERCOMING U**  
**COURSES**

[LOG IN](#) [FAQ](#)

If you have previously taken a course with Overcoming U, log in here or here.

**First Name**

**Last Name**

**Email**

**Password**

**Confirm Password**

[REGISTER](#)

**Log In**


Email

Password

Remember Me

[LOG IN](#)

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**OVERCOMING U**  
**COURSES**

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Registered Courses

**Click course title to get started.**

Your Course Title  **Begin your course by clicking on the title.**

## Your Course Title

Course Status: Not Started



This course consists of eight 20-minute modules with two to be completed each week. You will answer a quick, five-question quiz after listening to each module. When you pass a quiz with 80% or better, you will receive a **green** check mark.

The information for the quizzes is in the video and handouts. Following the class notes is helpful as well. When you have all eight **green** check marks for each module, you will be able to download a certificate of completion for the course.

### Course Content

Click here to access your Course Materials.

| Lessons   | Status |
|---|--------|
| 1 Beyond Burnout Stress Solution – Course Materials |        |
| 2 Beyond Burnout Stress Solution: Module One        |        |
| 3 Beyond Burnout Stress Solution: Module Two        |        |
| Available on: January 15, 2022 6:00 am              |        |
| 4 Beyond Burnout Stress Solution: Module Three      |        |
| Available on: January 18, 2022 6:00 am              |        |



## Beyond Burnout Stress Solution – Course Materials

← This will be your specific course title.

This download contains all the materials you will need for the course – Class Notes and Handouts:

- [Beyond Burnout Stress Solution Course Materials](#)

← Click here to download your Course Materials. You can keep them digital or print them out.

Each module will also contain a module-specific downloadable course materials packet with the following:

- Class Notes – for following along with the video
- Handouts – any additional information and resources

Some people like to have all of the materials in the beginning and some people prefer to download as they go. Choose the option that works best for you.

BACK TO COURSE

← Click here to go back to Course page.

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The information for the quizzes is in the video and handouts. Following the class notes is helpful as well. When you have all eight **green** check marks for each module, you will be able to download a certificate of completion for the course.

**To successfully complete the course, you must answer the pre-survey before you begin and post-survey after the course is complete. Please find the survey links in your emails.**

If you need help figuring out the LMS, please download [this guide](#).

The green arrow shows you have completed this.

### Course Content

| Lessons   | Status  |
|---|---|
| 1 Beyond Burnout Stress Solution – Course Materials |  |
| 2 Beyond Burnout Stress Solution: Module One        |  |

← Click to begin Module One.

## Beyond Burnout Stress Solution: Module One

Download Today's Class Notes and Handouts: [BBSS Module One Materials](#)

Download Materials if you did not download previously.

Use Class Notes to follow along with the module. Handouts have additional information and resources to look at later.

To see captions of the video content, click the **CC** at the bottom of the video.

Be sure to take the quiz below after viewing the module.



Click CC if you would like to watch with captions.

Click arrow to watch video.

| Quizzes                                    | Status                          |
|--|---------------------------------|
| 1 Beyond Burnout Stress Solution: Quiz One | <input type="button" value=""/> |

Click to take quiz.

## Beyond Burnout Stress Solution: Quiz One

You **MUST** receive an 80% or greater to pass. You will need to keep taking the quiz until you pass to get a green check.

START QUIZ

Click to start quiz.

## Beyond Burnout Stress Solution: Quiz One

You MUST receive an 80% or greater to pass. You will need to keep taking the quiz until you pass to get a green check.

1.

We try to fix our \_\_\_\_\_ by going on diets, detoxes, budgets and using "willpower".

- Secondary stress
- Reactions
- Distractions
- Emotions

Work your way through the quiz by clicking the correct answers.

2.

Burnout has three components EXCEPT:

- Emotional exhaustion
- Depression
- Depersonalization
- Reduced personal accomplishment

3.

- Change
- Food
- Money
- Fear

4.

Increased stress within the cycle of stress is called:

- Emotions
- Distractions
- Reactions
- Secondary stress

5.

Our perceptions can create stress AND we can change those perceptions.

- False
- True

Click when you complete the quiz.



FINISH QUIZ

## Beyond Burnout Stress Solution: Quiz One

You MUST receive an 80% or greater to pass. You will need to keep taking the quiz until you pass to get a green check.

5 of 5 questions answered correctly

You have reached 5 of 5 point(s), (100%)

Click Here to Continue

← Click CONTINUE if you have passed the quiz.

VIEW QUESTIONS

If you need to take again, click TAKE QUIZ AGAIN button.

you do not pass, you will be redirected to take it again.

The information for the quizzes is in the video and handouts. Following the class notes is helpful as well. When you have all eight green check marks for each module, you will be able to download a certificate of completion for the course.

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The green arrow shows you have completed the module.

The dates indicate when the upcoming modules will open.

**You have successfully completed this module.  
You will receive an email when the next module is ready.**