



# How to Manage Feeling Overwhelmed

Course completed by Babul Deb  
Sep 05, 2023 at 02:08PM UTC • 43 minutes

Top skills covered

**Self-regulation**

**Stress Management**

A handwritten signature in black ink that reads "Dan Brodnitz".

Head of Content Strategy, Learning



Certificate ID: b466b2ce6a0fc564c7b97aac6190b862b89344742a15ef257c7ee4f57e9ac502