



# Reducing Your Stress in 5 Minutes or Less

Course completed by  
Jun 05, 2024 at 03:26AM UTC • 32 minutes

Top skills covered

Stress Management

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

Head of Content Strategy, Learning



Certificate ID: 9cb45f9aad47aae43f16bbc88b283254fcb426a3e61ecb4865547bdd57bd1c60