

Featured Relias Trainings



Employee Wellness - Stress Management

Stress is part of everyone's life. That's not necessarily a bad thing. A certain level of stress is healthy because it motivates you to be productive. However, too much stress can do the opposite, leaving you feeling drained and irritable. You can't escape stress, but you can learn to respond differently. This course will teach you to identify triggers and develop a personal stress management plan.

Credit Hours: .25

Nutrition and Exercise Focused Learning

A healthy lifestyle is essential to feeling good and staying healthy. Many conditions that affect quality of life—like obesity, diabetes, and metabolic syndrome—are more common in people who lead an unhealthy lifestyle. Studies show that people who are healthy are usually happier and have fewer injuries than people who are unhealthy. As we get older, choosing to be active and eat well starts to become more important to our health and quality of life. This course will review guidelines for good health and ways you can empower the individuals to make good choices and feel great.

Credit Hours: 1

Welcome to the Relias Learning Management System (RLMS)

Your RLMS is a web-based learning management system (LMS) that allows you to:

- See when you have trainings coming due.
- Register for trainings.
- Track what trainings you have completed.
- Access a whole on-line e-learning library of courses on a variety of topics at any time.

In this short tutorial you will learn how to be a proficient e-learner and use your RLMS effectively to take online courses.

For more information about Relias Learning, please contact Subrina Bolden at 601-359-6266 or Subrina.Bolden@dmh.ms.gov



RELIAS LEARNING
www.dmh.training.reliaslearning.com



Relias Learning is a customized learning management system and staff development tool. This training website, developed for DMH staff, presents and tracks training requirements in an accessible and easy to use format.

To highlight a few of Relias Learning's convenient features:

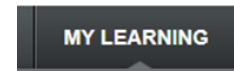
- ◇ **Continuing Education Hours** - almost all of the 500+ courses available for you to take have continuing education credits; you can print your own CEU certificates for license/certificate renewal
- ◇ **Web-based learning** – courses can be taken anywhere with an internet connection
- ◇ **Self-paced learning** – you can take a course in one sitting or in small segments
- ◇ **Email notifications** – reminders sent to you when required trainings are due, when you register for live class events or if you are waitlisted for a class and get that spot
- ◇ **Username/Password** – forgotten username and/or password emailed to you and you can even create your own password after logging in
- ◇ **Learner Resources** – Self-help tab for users that allows you to view a short introductory video about your RLMS, access the Learner Guide or Learner Manual, review the navigation guide for computer courses offered in the site, view the accreditation guide and a document with links to state board websites, and sign up for the live or recorded Site Overview-Learner webinar.

If you are interested in registering for Relias Learning, or reactivating your account, please contact your program's Human Resource or Staff Development director.

TIP OF THE MONTH:

How to view the detailed course properties.

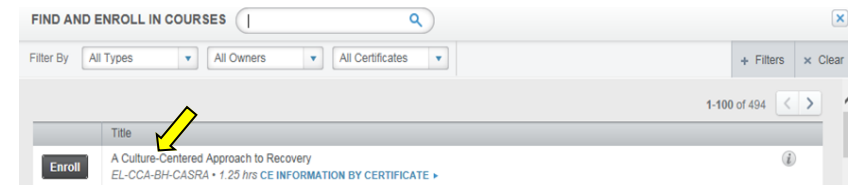
1. Select your **MY LEARNING** Tab.



2. Select "Add a Course".



3. When your course list appears, select the course Title that you are wanting to view.



4. The detailed course properties, including description, objectives, target audience, etc. should now be shown on your screen. Scroll through the box to view all of the information.

