Session 3
Tool Time Tuesday
Flex Your Brain, Skype Tips, WebEx Training vs. Events

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Reduce Stress, Sleep Better

◉ **Daylight**, a personalized web-based and mobile app designed to help individuals learn and practice proven strategies to navigate stress and worry. Sign up for Daylight here: https://bit.ly/34vlWdn

◉ **Sleepio**, a web-based and mobile app that provides self-help tools to improve sleep. Sign up for here: https://bit.ly/3ef5Ys5

Read for Free

◉ Harris County Public Library offers a free digital library card. Download OverDrive for eBooks and audiobooks.

◉ Download Flipster for the latest magazines.

Health Apps

◉ DynaMed - evidence based health info

◉ UpToDate – quick health info

o Create a free account with your MD Anderson email address. Download the apps.

Skype Guide

◉ http://mdanderson.libguides.com/skype

◉ Skype is great for quick chats or meetings. You can control all of your interactions from the chat window.

◉ If you start a meeting from a chat, everyone is a presenter by default. However, if you schedule a meeting through Outlook, you can control participant roles like screensharing, mic, and video permissions.

◉ Issues downloading files in Skype? Check out our FAQ.

WebEx Events vs. Training

◉ WebEx Events is intended for large presentations. Think institution-wide presentations. Most of us won't need to use this.

◉ WebEx Training is for online learning. It's designed for small breakout sessions