Under normal circumstances, the holiday season can bring several mixed emotions, including anxiety, joy, stress, burnout, excitement, conflict, and/or loneliness. Saying that emotions will be magnified this year is an understatement. Covid-19 has caused both sudden and gradual shifts in our outlook, routines, relationships, and traditions - all of which demand a new approach to the holiday season. During this course, we will help you understand (and accept) these unique circumstances. We will discuss how to balance planning with flexibility, values with compromise, and routines with new traditions. Plus, you’ll learn skills such as effective communication, mindfulness, and resiliency that will benefit you well beyond ringing in the new year!

This session will be held on two dates. Join us:
November 20, 2020, at 9:00 AM. Register here.
December 15, 2020 at 10:00 AM. Register here.

We have additional wellness programs available to you over the next couple of months. The Ten Percent Happier App is available at no cost to all Harvard benefits-eligible faculty and staff. Learn more on HARVie.