

# YOUR LIFE *well lived*

APRIL 2018

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF

## EARTH DAY, EVERY DAY

With Earth Day approaching on April 22, it's a great time to think about ways we can foster a healthy, sustainable environment—both on our campus and out in the community. From the food we eat to the way we get to work, there are simple steps we can all take at work or home to help enhance the wellbeing of people and the planet.

At Harvard, we know that the way we design and operate our campus matters, not just for the health of the environment but for our own health as well. Reducing energy use and emissions creates less pollution, and designing our campus to enhance wellbeing promotes healthier lifestyles. That's why the University created the [Harvard Sustainability Plan](#) as a roadmap for building and operating a healthier, more sustainable campus community, including the announcement earlier this year of our boldest commitment yet—to be fossil fuel-neutral by 2026 and fossil fuel-free by 2050.



Want to get involved? You can be a part of sustainability at Harvard through our [Green Teams](#) and the [Green Office Program](#). And whether you want to join existing efforts or start a new initiative, you'll find a wealth of tips and ideas—many from your fellow employees—on the [Office for Sustainability website](#).

Learn more about Harvard's commitment to sustainability at [green.harvard.edu](http://green.harvard.edu).

## TAKING IT OUTSIDE

Next time you take a break, think about heading outside. Spending time in nature has been found to have a [host of benefits](#)—from reducing stress and enhancing productivity to boosting health and improving overall wellness and happiness. Researchers at the Harvard School of Public Health even found a connection between [green spaces and longevity](#).

And you don't have to commit a lot of time to see results. According to [one study](#), even five minutes of walking or other exercise in a green space can produce dramatic mental health benefits.

Looking for ways to add some nature to your routine? At Harvard, you can take advantage of activities all around our campuses. Consider welcoming the arrival of spring at the Arnold Arboretum's annual Lilac Sunday (May 13), signing up



for a [walking tour of Arnold Arboretum](#), or going on a [Guided Forest Bathing Walk](#), a slow-paced facilitated experience that supports your connection with the natural world. You can also check the [Common Spaces](#) calendar for outdoor events such as lawn games and free exercise classes.

And don't forget to take advantage of our green spaces on campus, whether it's by organizing an outdoor "walking meeting" or eating lunch outside on a sunny day.

## Living and Working

With the resources of a large university and the personalized opportunities of an intimate community, Harvard is here to help you live life well—inside and outside working hours.

- Wellness is important at every life stage. Gain strategies for staying active and managing chronic conditions at our Care@Work [Aging Well](#) webinar.
- The Office of Work/Life offers limited scholarship funds to offset the cost of child care. The annual child care scholarship for Service and Trade Union members opens on April 18. [Apply](#) by May 9. (Other groups have a summer application period.)
- Have a question, concern, or bright idea about our Work/Life program? If so, we want to hear it! [Join the conversation](#) (HarvardKey required) on HARVie today.

## Finances and Security

From life insurance to car seat installation, these Harvard resources are designed to protect you and your loved ones.

- Make sure your benefits go where you intend. [Designate or update](#) your life insurance, tax-deferred annuity, and retirement plan beneficiaries today.
- Medicare on the horizon? Get all the facts at the April 6 webinar, [Planning for Medicare: Countdown to 65](#) (HarvardKey required), presented by Blue Cross Blue Shield.
- Installing car seats can be tricky. An HUPD officer can help ensure that children in your car are transported safely (and in compliance with state laws) at a free [child passenger safety checkpoint](#).

## Mind and Body

Wellbeing is affected by many factors, including the activities you enjoy and the food you eat—and they're all supported by Harvard.

- Joining a new gym? Taking up Zumba? You could get money back by taking advantage of your Harvard Health Plan Fitness Reimbursement through [Harvard Pilgrim Health Care](#) and [HUGHP](#).
- Get outside and learn a little history in the process with a Boston By Foot walking tour. Save by buying your voucher, which never expires, at [Outings & Innings](#) (HarvardKey required).
- What you eat is the foundation of your physical wellbeing. Deepen your understanding of nutrition, sustainability, and more at [Harvard Food Literacy Project](#) events.

## Learning and Growing

This spring, make your professional development a priority by investing in your career.

- Feedback is critical for growth. Learn to effectively provide and accept different types of evaluation in the interactive workshop [Making the Most of Feedback](#) (HarvardKey required).
- Career development tips are just a click away. Take advantage of advice, resources, and best practices from Harvard staff members at [Harvard Career Wisdom](#).
- Emails piling up? Take control of your inbox by attending the Harvard Records [Email Management](#) workshop.

