

YOUR LIFE *well lived*

APRIL 2019

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF

SUPPORTING WORKING PARENTS WITH PRACTICAL RESOURCES

Navigating work and parenthood can be tricky. In fact, the majority of working parents find it difficult to balance work and family demands, according to the [Pew Research Center](#). To help, Harvard offers a number of practical resources and programs:

- [Paid parental leave](#) is available if you are welcoming a child through birth or adoption. If you are adopting, the [Harvard Adoption Assistance Plan](#) provides financial assistance for related expenses.
- [Flexible work arrangements](#) can help you meet the University's mission and business objectives while balancing responsibilities at home.
- The [Employee Assistance Program \(EAP\)](#) offers a wide variety of resources, ranging from child care referrals to legal advice.
- Nursing parents have access to more than 45 [lactation rooms](#).
- Find the right care option for your family with Harvard's [child care resources and tools](#).



- You may qualify for [need-based child-care scholarships](#), as well as financial assistance through the [SOURCE program](#). To save even more, consider using a [dependent care flexible spending account](#) to help reduce your taxes.

Even while managing your busy life as a parent, it can be valuable to [make time for mindfulness](#). In fact, Harvard's [Mindfulness at Work](#) program offers a 90-minute [Mindful Parenting](#) (HarvardKey required) session that can help you navigate the inevitable waves of joy and frustration.

LAUGHTER IS THE BEST MEDICINE

Happy April Fool's Day! Who doesn't love a good excuse to laugh? Studies show that laughter is a universal expression of emotion that signals acceptance between people. Jokes [engage the pleasure centers of the brain](#), triggering a release of dopamine, serotonin, and an array of endorphins.

And there's a reason that laughter is often termed the best medicine. Evidence suggests that it can [positively impact heart health](#) and benefit your mental and emotional state.

With all this evidence, it's not surprising that laughter is a part of the HUHS Center for Wellness and Health Promotion's [emotional wellbeing framework](#).

Even in the workplace, laughter and humor can help [lower stress levels](#) and increase wellbeing, creativity, and productivity. So, tell the best ([office appropriate!](#)) joke you know, and take some time to laugh today.



WHAT'S YOUR FINANCIAL IQ? APRIL 1-30

Time to test your financial IQ during National Financial Literacy Month! Complete 10 fun five-question quizzes and you could win an [Apple Watch](#). Each quiz earns you another chance to win—even if your answers aren't correct!

[GET STARTED NOW](#)

MIND AND BODY

Looking for a little inspiration? Live your best life with these resources.

- Ready to quit smoking? If you have HUGHP coverage and an HUHS primary care physician (PCP), call Debra Small, RN, at 617-495-2068, for smoking cessation counseling. HUGHP member with an Atrius PCP? Find resources [here](#). For HPHC members, see [these](#) discounted options.
- In honor of international [Slow Art Day](#) on April 6, Harvard Art Museums will offer a guided [mindfulness meditation session](#) that explores how mindfulness can heighten art appreciation.
- From photography to poetry to sculpting, discover the hidden talents of your colleagues during [On My Own Time](#) at the Harvard Longwood Campus, a two-week exhibit held April 8–19.

LIVING AND WORKING

Spring is here! Make the most of it through the Office of Work/Life.

- Apply for the annual child care scholarship for Service and Trade Union members between April 10 and May 8. Find more information on [HARVie](#).
- Are you buying nutritious food? Learn how to decode nutrition labels and terms in a free [Supermarket Savvy webinar](#).
- From free counseling to expert legal advice, discover the wide array of resources offered by the EAP in our [EAP Overview webinar](#) on April 24.

LEARNING AND GROWING

You are your own best asset. So why not jump start your professional development at Harvard?

- Build new skills and support our sustainability efforts with the [Harvard Green Office](#) program. Join your local team, or start one today!
- Learn about professional development programs, tools, coaching, and consulting for enhancing your professional effectiveness at our Center for Workplace Development [Open House](#) on April 23 (11 a.m. to 4 p.m.).
- While it's important for professional growth, feedback can be hard to hear. Register for [Making the Most of Feedback](#) on May 1 (HarvardKey required) to improve your ability to take in and act upon the feedback you receive.

FINANCES AND SECURITY

Prepare for a better tomorrow today with these helpful tools from Harvard.

- Get the information you need to prepare financially for college in our [College Planning workshops](#), sponsored by HUECU and the Office of Work/Life. Join in person or watch live via Webex.
- Spring cleaning? Sell your gently used furniture, clothes, and more on [HARVie Classifieds](#) (HarvardKey required)—a classified listing board for employees only.

For more about Harvard employee events, view the [full calendar](#) on [HARVie](#).