

YOUR LIFE *well lived*

FEBRUARY 2021

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

WINTER WELLBEING



It can be easy to fall into a rhythm of staying inside and “hibernating” during the cold winter months — especially as many of us continue to work from home and maintain coronavirus safety measures. So it’s important to be proactive in your mental and physical health regime and find ways to exercise, get fresh air, and take care of your overall health. These Harvard resources can help you stay active in mind and body:

- Get outside! Visit the [Arnold Arboretum](#) and follow their experts’ [favorite guided walks](#).
- Get on track! Whatever your New Year’s resolutions, learn to persevere with [advice from the Harvard Health Letter](#) or take these [seven steps to help keep your healthy resolutions](#).
- Get healthy! Visit the [Nutrition Source](#) for useful information on nutrition and sleep, stress, mindful eating, and eating well on a budget.
- Get inspired! Schedule [virtual sessions with a personal trainer](#) to stay in shape.
- Get centered! Take yoga, stretching, pilates, and massage [classes](#) through the Center for Wellness.
- Get in balance! Learn to [set boundaries in the work-from-home era](#) in a special feature from the *Harvard Business Review*.

Tough times are more manageable when you take time to take care of yourself, take care of others, and stay optimistic.

CRISIS AS OPPORTUNITY

As we begin to transition to the Renewal phase of our Resilience, Recovery, and Renewal journey, the Center for Workplace Development (CWD) has collected [resources](#) (click on the Renewal tab) aimed at helping employees and managers retain the best of what they've learned during these challenging times. Articles include the following:

- [Reimagining higher education in the United States](#) from McKinsey
- [Returning to work in the future of work](#) from Deloitte
- [Re-energizing an exhausted organization](#) from McKinsey
- [Tech leaders map out post-pandemic return to workplace](#) from the Wall Street Journal
- [The One Good Thing Caused by COVID-19: Innovation](#) from Harvard Business School

The CWD recently asked managers across Harvard to share their best practices. Responses have been categorized and curated into the top tips for [Managing Now](#). Managers will find ideas on how to prevent burnout; communicate and connect with employees; stay focused on priorities; and make progress on the University's diversity, inclusion, belonging, and equity goals—all in one place.



MIND AND BODY

This past year has reminded us that there's always more to learn about health and medicine for practical and intellectual reasons.

- Make sure you are aware of how [dependents on your BCBS health plan who live outside New England can access non-emergency care](#). Changes include a new requirement to register dependents' out-of-state addresses in advance, as well as expanded covered services.
- Looking for a running buddy, or thinking about taking up running as a hobby? Get in touch with the supportive, non-competitive joggers of [Harvard Community Running](#).
- Learn how the smallest microbes take over the cellular machinery of other beings in [A World of Viruses](#), a fascinating new online exhibit from the Harvard Museums of Science & Culture.

LEARNING AND GROWTH

Deepen your knowledge of important topics that will help you understand yourself and support those around you.

- [Support your mental health while working from home](#) with a 15-minute LinkedIn Learning course led by neuroscientist Amy Brann, which explores how the latest research can be applied in our lives to overcome distractions, reframe expectations, and preserve relationships.
- Champion LGBTQ inclusion in the workplace by applying the best practices and practical tools learned in a [Title IX workshop](#) (HarvardKey required), February 24.
- Focus on managing communication, delineating boundaries, and setting expectations in a new two-hour class from CWD, [Managing Competing Priorities During Quarantine](#) (HarvardKey required), on February 25.

LIVING AND WORKING

We can all use a little help sometimes. Be sure to check out all the Harvard-provided benefits and resources aimed at making life easier.

- Paying for backup childcare or eldercare? Take advantage of a \$350 reimbursement from the [SOURCE](#) (Subsidy for Occasional, Unplanned, and Respite Care Expenses) Program for eligible employees earning under \$75,000 annually.
- Start your week off right by joining [Mindful Movement: Yoga for the \(Home\) Office](#) (HarvardKey required) each Monday at 10 a.m., or find more mindfulness programs through the link.
- Explore ways to integrate life and work in a way that's right for you in a one-hour KGA [webinar](#) on February 24 at 11 a.m.

FINANCES AND SECURITY

Major life changes can be challenging to navigate. Find resources from professionals to make things easier.

- If you or someone you know is experiencing domestic violence, you can tap into helpful, confidential resources from [Harvard's Employee Assistance Program](#) and the [Harvard University Police Department](#).
- Prepare for the retirement you envision for yourself by watching a recorded workshop, [Well-Rounded Retirement](#).
- Looking to buy or sell a home, or move your household? [The home-buying service](#) from Harvard Real Estate and its partners at Coldwell Banker can help facilitate this big decision.

To explore additional Harvard employee events, view the [full calendar](#) on HARVie.