

YOUR LIFE *well lived*

JANUARY 2018

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF



NEW YEAR, NEW YOU.

Welcome to the inaugural edition of *Your Life Well Lived*, a monthly digest of wellbeing resources available to Harvard faculty and staff. Each month, we'll share resources — benefits, perks, events, and information — aimed at helping you live your best life by taking advantage of all that Harvard has to offer.

Whether it's consistently hitting the gym or achieving a better work-life balance, New Year's resolutions are often about wellbeing. But despite our best intentions, research suggests that only a fraction of us actually follow through with them. So if you're serious about your resolutions, you'll need support to make them happen.

Good news: Harvard offers a variety of programs aimed at helping you achieve your wellbeing goals. From finances to fitness, whatever you're trying to achieve this year, Harvard has the resources to help you get there.

WHAT IS WELLBEING?

Sure, avoiding the office flu is an important part of maintaining physical wellness, but there's so much more to achieving overall wellbeing.

Wellbeing involves both how you feel and how you think your life is going — and includes social, physical, purpose, community, and financial components. It can be influenced by factors like the quality of your relationships, your level of economic security, and how much meaning you find at work.

At Harvard, we believe that the health and wellbeing of our community affects our ability to deliver on Harvard's mission. That's why we want to help you thrive in every area of wellbeing: **Mind & Body, Learning & Growth, Living & Working,** and **Finances & Security.**



Mind & Body

Are you making the most of your health benefits? From acupuncture to fitness center discounts and more — Harvard's got you covered!

- It's a new year with your health plan. Check out your wellness benefits by visiting [HUGHP](#) or creating/logging in to your account at [HPHC](#).
- Reduce your stress and improve your mood with [mindfulness](#).
- Take your fitness to the next level with an on-campus [personal trainer](#).

Learning & Growth

Whether you want to continue your education, update your professional skills, or rethink your career options, these resources can help.

- Tap into the Tuition Assistance Program (TAP): register for a spring [Harvard Extension School](#) course by January 21.
- Enhance your workplace communication and interview skills (and more) at the [Center for Workplace Development](#).
- What drives you? Attend this [interactive workshop](#) (HarvardKey required) to find out what really gets you motivated.

Living & Working

We know you are passionate about your work and your life. Here are a few tools and services aimed at making it easier to maintain a healthy balance.

- From making a budget to managing your stress, our [Employee Assistance Program \(EAP\)](#) can help you stick to your resolutions.
- Register for [back-up care](#) — for your children, elders, or yourself — before you need it.
- Find out how to propose a flexible work arrangement by attending a [flex training session](#).

Finances & Security

Resolve to become financially savvy by taking advantage of these Harvard benefits.

- Boost your financial confidence at a free [Harvard Credit Union workshop](#).
- Get help organizing your online passwords with a [free LastPass personal premium account](#).
- Have something you'd like to buy or sell? Looking for housing or a vacation rental? Then check out [HARVie's Classifieds](#) — just for the Harvard community (HarvardKey required).

