

YOUR LIFE *well lived*

JUNE 2018

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF

YOUR SUMMER + OUR RESOURCES = A HEALTHY PARTNERSHIP

You're not the only one planning some downtime this summer. After six issues, our wellbeing newsletter is taking a well-deserved break! We'll be back in September with plenty of tips and insights into how you can pursue wellness in your daily life with the help of Harvard resources.

In the meantime, we'd love to hear from you! What did you like about this newsletter? Anything you'd like to see included in future issues? Please feel free to [share your thoughts](#) so we can make sure this newsletter continues to serve as a valuable asset for our community.

We also encourage you to revisit some of our most popular topics from the past few months:

- Jumpstart your fitness goals this summer with the help of one of our [Harvard personal trainers](#).



- Whatever your wellbeing needs, get a helping hand by scheduling a [wellness appointment](#) right here on campus.
- Struggling with sleep apnea? Just can't seem to fall asleep? Check out our [Sleep and Health Education Program](#).
- Don't let stress damage your health. Protect your physical and emotional wellbeing with [these simple tips](#).

We'll see you in the fall!

PROTECT YOUR DATA; PROTECT YOUR IDENTITY

From email and social media to banking and shopping, we spend an increasing amount of our lives online, putting ourselves at risk of a growing threat: cybercrime.

To help you protect your online information, check out Harvard University Information Technology's (HUIT) [useful tips](#):

1. Use unique passwords for every account and for added protection, consider a password manager. To help you create and keep track of your passwords, Harvard offers free [LastPass Personal Premium](#). One approach? Create a passphrase—a string of words with more than 21 characters, like AppleBalloonCakeDream\$—and remember, never reuse your HarvardKey.
2. Avoid fraudulent bank or credit card charges by signing up for free transaction alerts.
3. Want to avoid being phished? Don't click on links or attachments in suspicious messages, even if they appear to be sent by someone you trust. Before responding to an email asking you to verify an account number or provide personal information, visit the official website or contact the sender (outside of email) to verify that the message is legitimate. If you receive a phishing email at work, forward it to phishing@harvard.edu.



**Small Actions.
Big Difference.**
You help keep Harvard secure.

4. Cyber threats constantly change, so make sure your antivirus software is always up to date. Learn how to install and check your software on HUIT's [Personal Device Security Guidelines](#) page.
5. If your personal data has been compromised and you have homeowner's or renter's insurance, check your policy to see if it covers identity theft.

For more information about protecting your personal information, visit the Harvard University Employees Credit Union [CyberSecurity page](#) or check out [these videos](#) from HUIT. If you're an IT project manager, consider attending our June 14 seminar [What Do Project Managers Need to Know about Cybersecurity?](#)

Mind and Body

Make the most of the sunny days ahead, and stay active with these outdoor events and amenities.

- It's summer and that means our [Farmers' Markets at Harvard](#) are back! Beginning June 12, you can stock up on fresh, local food every Tuesday from 12 to 6 p.m. on The Plaza outside the Science Center.
- Want to get outside? In partnership with the [Center for Wellness and Health Promotion](#), Harvard Common Spaces offers [free Tai Chi](#) with Master Yon Lee every Tuesday at 5 p.m., April through September.
- Work on your serve at our [Beren Tennis Center](#). Need a little extra help? Schedule a private or semiprivate lesson with [Harvard's Tennis Professional](#).

Learning and Growing

Get help achieving your personal and professional goals by taking advantage of cross-university opportunities.

- It's never too late to learn. The [Harvard Bridge Program](#) offers classes such as U.S. Citizenship, High School preparation, English skills, and Career Development, all specifically designed for adult learners.
- Sharpen your communication skills in this [interactive workshop](#) (HarvardKey required), where you'll explore critical elements of effective, meaningful, verbal communication.
- Explore your career interests and meet hiring managers from other Harvard schools and departments at our next [Career Conversation Meetings Across Harvard](#) on June 21.

Living and Working

Find greater balance in the time you spend at work and outside the office by tapping into these resources.

- Check out the newly released Summer/Fall 2018 Work/Life [Program Calendar](#) to sign up for a free class on mindfulness, a webinar on college planning, or dozens of other options.
- Wondering how to raise kids in the digital age? Learn how to talk to children and adolescents about technology and social media in Harvard's Employee Assistance Program [webinar](#), provided by KGA.
- You can apply for our childcare scholarships program starting July 11. Non-union staff, faculty, and postdocs with children younger than 13 can find more information about this program [here](#).

Finances and Security

Harvard offers many ways to pursue and maintain financial wellness at every stage of life.

- Thinking about buying a home? Then be sure to explore Harvard's Real Estate Advantage program, which includes free [webinars and seminars](#) and [financial benefits](#) through Coldwell Banker and our preferred mortgage lenders.
- Looking for LGBTQ resources? Then check out TIAA's workshop, [Equally Prepared: Financial Planning for the LGBTQ Community](#), which takes place June 12.
- If you're not taking advantage of Harvard's tax-deferred annuity (TDA), you could be missing out. Find out why by listening to our brief TDA overview, available in [English](#) and [Spanish](#).

