

YOUR LIFE *well lived*

MAY 2019

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF

THE POWER OF WORKPLACE RELATIONSHIPS

Strong relationships enrich our lives. That's according to the [Harvard Study of Adult Development](#), which has researched keys to a healthy and happy life for more than 80 years.

"The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," said [Robert Waldinger](#), director of the study and professor of psychiatry at Harvard Medical School. "Taking care of your body is important, but tending to your relationships is a form of self-care too."

However, it's not just about sharing bonds with family and friends. Because you spend much of your week at work, connecting with the Harvard community also plays an important role in your wellbeing.

Creating connections at Harvard can sometimes be a daunting task, but now it can be a little easier. Want to build stronger relationships at Harvard?

Check out our [Employee Resource Groups](#) (ERGs)—recently strengthened by the 2019-20 [Presidential Administrative Innovation Fund](#) and now supported by Harvard Human Resources.



ERGs help you foster meaningful connections while promoting diversity, equity, inclusion, belonging, and inclusive workplace practices. These groups include:

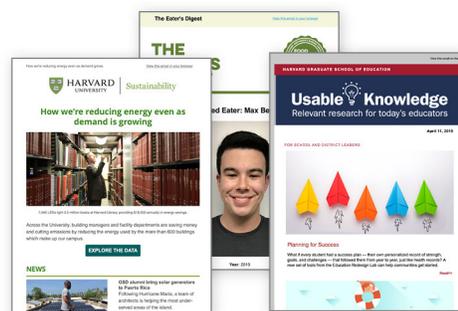
- [Association of Black Faculty, Administrators, and Fellows](#)
- [Association of Harvard Asian and Asian American Faculty and Staff](#)
- [Association of Harvard Latinx Faculty and Staff](#)
- [Harvard LGBTQ+ Faculty and Staff](#)
- [Committee on the Concerns of Women](#)

You also can connect with others who share your professional interests through [Community Groups](#), like the [ABCD Committee](#), an informal group for professionals and students interested in IT, or the [Analytics Staff Consortium](#). Looking to connect over shared personal passions? Visit one of our [Harvard Neighbors'](#) nearly two dozen [Interest Groups](#), which cover topics like [Italian](#), [French](#), [Japanese](#), [community service](#), and [memoir writing](#).

DELIVER THE BEST OF HARVARD STRAIGHT TO YOUR INBOX

Every month, this newsletter offers information and resources to support your wellbeing across many dimensions—from mindfulness and careers to financial matters and family life. Want to get deeper into an area of interest or explore the latest faculty research? Check out these other free e-newsletters from Harvard's schools, groups, and projects!

- Stay up to date with the latest sustainability events, news, research, and university efforts through [Harvard's Office for Sustainability](#).
- Subscribe to the [Food Literacy Project](#) newsletter for news, tips, and events focused on food sustainability and wellbeing.
- Take healthy living to the next level with [Harvard Health Publishing's Health Beat](#), or sign up for the group's free newsletters on health topics like nutrition, sleep, and fitness.



- Explore Harvard Graduate School of Education's [Usable Knowledge](#) to tap into the latest education research, including helpful topics for parents such as reducing student stress and talking to teens about healthy relationships.
- Sign up for Harvard's Office for the Arts' [bimonthly blog](#), which provides a lively look at Harvard's art scene from our students.

MIND AND BODY

These Harvard resources make it fun to step up your physical activity and health knowledge.

- Gain a deeper understanding of health topics ranging from women's health to addiction with Harvard Health Publishing's [special health reports](#) (print and e-book). Receive 25% off with code HARVARD25!
- Get moving with [free Tai Chi](#) in Harvard Yard every Tuesday evening, 5–6 p.m., from May through September.
- Take your exercise out on the water! Harvard's Weld Boathouse offers [recreational rowing memberships](#) as well as novice and private rowing instruction.

LIVING AND WORKING

When life is challenging, these Office of Work/Life services and programs can help.

- Paying for child care? The application period for Harvard's [child care scholarship program](#) starts July 17 for non-union staff, faculty, and postdocs with children younger than 13.
- Entrance exams. FAFSA. Financial aid. Learn to navigate the often daunting college application process at one of three on-campus HUECU College Planning Workshops, June 3, 5, and 19. To learn more and find links to register, go [here](#).
- Enhance your mindfulness and your cybersecurity. [Register](#) (HarvardKey required) for Harvard Pilgrim Health Care's free *Mind the Moment Program* (June 13)—a collaboration with the Office of Work/Life and Information Security.

LEARNING AND GROWING

As the school year draws to a close, spend some time thinking about your own career path with these resources.

- If you're a research administrator, you can learn to manage sponsored funds in our robust [REACH certificate program](#). Applications can be submitted starting in July, and information sessions will be offered in August.
- Ready to expand your network? Then join your fellow staff members at [Career Connections Across Harvard 2019](#), June 5, 12–3 p.m. at Harvard Law School (no registration required).
- Set a direction for your future with [Career Roadmaps](#) (HarvardKey required), a two-day program featuring comprehensive career assessments and activities.

FINANCES AND SECURITY

Whether you're planning a big trip or a big purchase, these resources can help you feel more confident about your financial decisions.

- Travel safely by registering with Harvard Global Support Services' [International SOS](#) (HarvardKey required). Discover [other resources](#) and learn about purchasing an [individual or family International SOS membership](#) (HarvardKey required).
- Buying a home? [Register](#) for Harvard Real Estate's *Buying a Primary Residence*, offered online and in person (on the Cambridge and Longwood campuses).
- Check out our [Financial Education Calendar](#) for exciting financial wellness workshops, one-on-one retirement planning opportunities, and more!

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