

YOUR LIFE *well lived*

MAY 2021

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

Practical resources for reaching personal goals

Spring has sprung, some of us are venturing outside our pods, and there's no time like the present to work on your personal financial goals. Whether you're looking to buy your first home, tackle debt, or prepare for retirement, Harvard has a wealth of resources and programs to help you make confident, informed decisions.



Improve your financial readiness

Take advantage of [TIAA's sophisticated, free online tools](#), including:

- Retirement Income Evaluator: Find out how much you may need in retirement, estimate your monthly retirement income, and explore income options.
- Retirement Advisor: Calculate how much you'll need to put aside to reach your retirement savings goals.
- 360° Financial View: Consolidate all your accounts — even those outside TIAA — in one place, track expenses, and make a budget.

The [full scope of TIAA offerings can be found online](#), and you can also schedule a free consultation with a financial advisor by visiting [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow) or calling 800-732-8353.

Make sense of the housing market

By request, [Harvard University Housing](#) is introducing new webinars to complement the highly popular Home Buying workshop:

- Rent vs. Buy: Explore the advantages and disadvantages of each option, and determine which may be best for you.
- Condominium Purchase: Gain insights into the condo purchasing process, how it differs from traditional home ownership, and what to look for when making an offer.

Take a workshop from your credit union

Get guidance on managing debt and budgeting with [Harvard Credit Union's](#) workshops on repaying student loans, staying debt-free, and [financing college tuition](#), or check out some of the numerous [on-demand webinars from GreenPath](#).

Get free personalized advice

Discuss budgeting, paying for college expenses, saving for retirement, and more with a financial advisor who's in your corner. Schedule an appointment for a free 30-minute consultation online with KGA, [Harvard's EAP](#), or by calling 877-EAP-HARV (877-327-4278).

Taking the next step toward your life goals may simply be making the decision to start gathering information and creating a plan.

SHINE a light on the meaning of work in our lives

The way we work changed radically this past year, and we've had to adopt new tools and skills to get our jobs done. As the situation shifts again, it's worth asking how the ways we've learned to work and interact with each other have affected us as individuals. At [SHINE](#) (Sustainability and Health Initiative for NetPositive Enterprise), Harvard researchers are looking into how the dynamic connections that exist between individuals, organizations, workplaces and communities affect our wellbeing.



shine
Sustainability and Health
Initiative for NetPositive Enterprise

As part of their research, SHINE is redefining familiar terms to be more inclusive and comprehensive: “sustainability” is not just about the environment but about how companies treat people — from employees to customers and communities — sustainably. Similarly, “wellbeing” should include how workplace culture promotes meaningful purpose, learning, social connections, mental and physical health, and more.

Explore their [publications](#), sign up for their [newsletter](#), attend the SHINE Summit in November, or listen to a [podcast featuring the founder and executive director of SHINE](#), Dr. Eileen McNeely, to learn more about how the pandemic has affected workers and the important role work plays in our sense of self.

MIND AND BODY

Keep yourself informed of the best ways to maintain your physical and mental health by staying abreast of new developments in policy and scientific consensus.

- Check [the latest COVID-19 vaccine information and policies at Harvard](#), including a request to submit proof of vaccination so that the university can understand community protection levels and make informed decisions about future policies and protocols.
- Understand the history behind today's health care inequities — and how to promote greater equity — by learning about [the history of medical racism in America](#), Wednesday, May 5, at 4:00 p.m.
- Bad news: To reduce crowds, the Arnold Arboretum has canceled Lilac Sunday for 2021. Good news: The lilacs are blissfully unaware and will be blooming from late April through mid to late May and the Arboretum will be open for socially distant safe visiting. Find out [more from the Arboretum](#) and print out a [Self-Guided Lilac Tour](#).

LEARNING AND GROWTH

Socrates said the unexamined life is not worth living. Learn more about yourself and how you interact with the world.

- Find out more about your unconscious attitudes in the Center for Workplace Development's second workshop on Diversity, Inclusion, and Belonging, [Understanding Unconscious Bias](#) (HarvardKey required).
- Register for a two-hour session on [Managing Competing Priorities During Quarantine](#) (HarvardKey required) and learn how to set boundaries and expectations so you can accomplish your most important priorities.
- Before your end-of-year performance conversation, review the [resources available for managers and employees](#).

LIVING AND WORKING

Spring is a season of renewal, and the Office of Work/Life has programs to help you manage and adapt to many of life's changes.

- Find podcasts, webinars and resources to help you care for dependents of any age at Care@Work's [Care Resource Center](#).
- Learn how to reframe negative, unhealthy, or limiting thoughts in a KGA webinar on May 11, [Thought Distortions: Don't Believe Everything You Think](#).
- Explore [LifeSeries](#), brought to you by KGA, Harvard's EAP. LifeSeries is an online wellness resource that's organized around life's milestones, from preparing for marriage, to welcoming a baby, to dealing with grief.

FINANCES AND SECURITY

Save time and money with these convenient resources for Harvard employees.

- Find savings on office furniture, rental cars, cameras and video equipment, and more through [Harvard Procurement](#) (HarvardKey required).
- Explore practical financial advice through webinars, workshops, or one-on-one appointments. See the [May-June Financial Education Calendar](#).
- Need a notary public? Visit a branch of the [Harvard University Employee Credit Union](#) or make an appointment at the [Campus Service Center](#).

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