

YOUR LIFE *well lived*

SEPTEMBER 2021

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

BACK TO SCHOOL!

The students are back for a new academic year. And this year brings a lot that is new, from new protocols for being back on campus and new hybrid work schedules to new policies for remote work. Some changes may take some getting used to, but by staying flexible, adaptive, positive, and kind, we can move from survival mode to flourishing in our jobs and at home.

Whether you're a [manager supporting your employees' transition back to campus](#) or you want to [learn how to make the best of a constantly fluid situation](#), keep these helpful resources in mind.



- Visit [Harvard's dedicated coronavirus webpage](#) to keep up with the [latest campus-related COVID news and resources](#), including a re-entry checklist and a link to [verify your vaccination](#). Verifying your vaccination is vital for helping gauge the safety and susceptibility of our entire community. You can also send a copy of your vaccination card to mrecords@huhs.harvard.edu. All medical information is kept strictly confidential.

Also be sure to check out these important resources:

- CommuterChoice has developed new [flexible commuting options](#) and benefits to address new schedules.
- Comprehensive guidance and training from Environmental Health & Safety (EHS) for policies regarding on-campus COVID-19 prevention and protection practices are available through the [Harvard Training Portal](#) (HarvardKey required) or the [EHS training page](#) (HarvardKey required).
- [A return to campus FAQ document](#) is provided by Harvard Human Resources.
- [Updated rules on remote work performed outside Massachusetts](#) are now available from the Office of the Controller.
- And don't forget — our [Employee Assistance Program](#) offers personal guidance on topics ranging from mental health and finances to workplace issues and substance misuse for you and members of your household.

Many beloved campus institutions are reopening this fall. Check their websites for the latest hours, programs, and safety information.

- Work out, swim, or play sports at one of the many [Harvard athletic facilities](#), now open to [members](#) (HarvardKey required).
- Indulge your curiosity at the [Harvard Museums of Science & Culture](#).
- Lose yourself among the treasures of the [Harvard Art Museums](#).
- Explore the unparalleled [Harvard Libraries](#) for research or pleasure.

Harvard's reputation is built on generations of accomplishments, and you play a critical role in keeping our tradition of excellence alive in these trying times. If you have any questions or concerns about resuming on-campus operations, don't hesitate to reach out to your supervisor, [Human Resources](#), or [EHS](#).

WE'RE HERE FOR YOUR WELLBEING

This monthly e-newsletter strives to provide you with the latest information on the wide array of wellbeing benefits, resources, and opportunities available to you as a Harvard employee.

In our January 2018 inaugural issue, we wrote:

"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."



Along with the featured resources of the month, we link you to wellbeing resources in four key areas:

Mind and Body

Ways to maintain your physical, mental, and emotional wellbeing

Learning and Growth

Opportunities to make your career more fulfilling and your work more efficient

Living and Working

Help and resources for integrating your responsibilities at home and at work

Finances and Security

Advice on how to make sure your financial plans are sound

We hope this newsletter has a positive impact on your life. To make sure we're delivering information you find useful, please respond to the evaluation survey coming to your inbox later this month.

MIND AND BODY

Finding ways to express yourself can lead to better relationships with others — and yourself.

- Take care of yourself in this stressful time with [resources](#) to help you recover from illness, deal with family concerns, access mental health care, and more.
- Tap into another form of mindfulness with one of our popular nature drawing classes from the Harvard Museums of Science & Culture. Sign up now for the [art and science of frogs](#) or [botanicals](#) in colored pencil, or find more classes on [their calendar](#).

LEARNING AND GROWTH

Neuroscientists have found that learning new skills at any age can help keep your brain healthy.

- Advance your professional career by taking a class on career development, Diversity, Inclusion, and Belonging (DIB), communications, resilience, and more from the [Center for Workplace Development](#).
- Wondering about new office protocols? Learn how to navigate work, collaborate with colleagues, and communicate effectively in our new, two-hour virtual workshop, [Succeeding in a Hybrid Work Environment](#) (HarvardKey required).
- Practice a foreign language through informal conversations with another member of the Harvard community. Find your match through [The Language Exchange Program](#).

LIVING AND WORKING

Get yourself and everyone in your household ready for back-to-school.

- Connect with an [Ed Navigator](#) guide who can help you evaluate your child's educational needs and suggest appropriate resources.
- Take part in KGA's live webinar, [Re-entry: What Works When Returning to Campus](#), on September 14, to learn about coping with significant change.
- Sign up for a class on mindfulness, flexwork, and more from the [Office of Work/Life](#) (HarvardKey required).

FINANCES AND SECURITY

Whether you're planning to buy a home or want to pay down debt, it's a great time to take the next step in your financial journey.

- Take advantage of [financial wellness resources from HUECU](#).
- Improve your financial knowledge with sessions on Managing Income and Debt, Early Career Woman's Guide to Financial Wisdom, and more. The full schedule of [programs for September and October](#) is now available.
- Utilize online tools, review important checklists, and get one-on-one guidance to get ready for an [approaching retirement](#).

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