ENSURING A SUCCESSFUL RETURN TO WORK & SCHOOL – WEDNESDAY, 8/11: 12:00 PM – 1:00 PM
This year, the return to work and school is going to look — and feel — different than in year's past. Both parents and kids are going to be stressed and anxious about how to approach this "new normal". Avni Patel Thompson, the founder and CEO of Milo, is going to share a framework about how to think about this new reality, planning tips, and how to divide household duties so the mental load feels equitable and manageable.

FEEDING YOUR HEAD – THURSDAY, 8/12: 12:00 PM – 1:00 PM
As stress and anxiety are becoming an increasingly common complaint, more and more research is supporting the concept that what you eat and how you feel are connected. This is especially true when it comes to your mental health, and in recognition of this, there is a new field of study called Nutritional Psychiatry. In this session, participants will learn which nutrients and foods are particularly beneficial to help keep their brain healthy, relaxed and happy! KGA presents this session.

MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAY, 8/16: 10:00 AM – 11:00 AM
Start your week off right with mindful meditation and some stretching led by Mary Green. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. Better still, this course does not require special clothing or equipment.

NAVIGATING BACK TO A "NORMAL" SCHOOL YEAR - WEDNESDAY, 8/25: 1:00 PM – 2:00 PM
All over the country, families have felt the real challenges of the past year — working from home, first responders, balancing childcare needs, distance learning — and for many of us, it's impacted our mental health and our family's well-being. As we slowly get into "normal times" and the return to in-person school, parents and caregivers will be navigating yet another transition for their family. Join us to hear from our team of behavioral health experts on how to navigate the transition and support behavioral health and well-being for our kids and ourselves.

These programs are available for free for benefits-eligible faculty and staff only.
Click "Register today!" below to be taken to the Office of Work/Life Program Calendar (Harvard Key required) for registration links.