MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAYS, 3/1, 3/8, 3/15, 3/22, 3/29: 10:00 – 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. This course does not require special clothing or equipment.

MINDFULNESS PRACTICES FOR BURNOUT RELIEF – TUESDAY, 3/2 – 12 PM
The literal definition of “burnout” is this: “The reduction of a fuel or substance to nothing, through use or combustion.” However, as every individual knows, burnout is not just a scientific phenomenon—it’s what happens when inner resources become depleted, and no spark is left to start them up again. It’s no surprise this should sometimes be the case when daily work life and family life collide in what feels like a persistent energy burn, and the path towards refilling one’s supply of resilience is not always clear. In this training, we will explore how the essential foundations of mindfulness practice can lend us energy while simultaneously allowing us to cultivate and sustain a sense of calm. Join instructor Rebecca Wing as we investigate the capacity to choose responses to challenges in a conscious, empowered way, instead of being swept off into a pattern that contributes to stress and reactivity. In service of these goals, participants will learn guided meditation practices applicable to their daily lives. Rebecca will be back on April 6, 2021 for a 2.0 of this session.

INTRODUCTION TO MINDFULNESS – WEDNESDAY, 3/24 – 12 PM
This program, led by Christine O'Shaughnessy, introduces the basic principles and practices of mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals and groups who regularly employ the techniques of mindfulness in their work can monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative, and resilient in all aspects of their lives. This course will count as a prerequisite to the more advanced mindfulness courses offered.

MINDFULLY CARING FOR ELDERS – FRIDAY, 3/26 – 10 AM
Our parents, older relatives, and other elders in our lives provide a rich source of wisdom, comfort, companionship, and connectedness with our history. But there are also times when the challenges of caring for an individual entering the later stages of life can seem anything but joyous. And if we are simultaneously caring for our own children—especially in exceptional circumstances, when resources are limited, routines are disrupted, and uncertainty abounds—then the strain may become difficult to manage. Tara Healey teaches us mindfulness practice to respond to the challenges of caring for elders, and others, with a special steadiness of mind, so the demands of caregiving do not overwhelm us. Crucial, too, will be exploring techniques focusing on self-care, thereby ensuring that one’s storehouses of compassion do not become depleted, at the times when they are needed the most. Tara will be back on April 23, 2021 for a 2.0 of this session.

HOW TO SUPPORT THOSE AT RISK FOR SUICIDE, THURSDAY, 3/11 – 12 PM
Community connectedness has a role in reducing the stigma associated with suicide and mental illness—a stigma that inhibits people from discussing their feelings and challenges. This connectedness is especially important during tough times like the COVID-19 pandemic, when individuals are isolated and under extraordinary stress. In this workshop, you will gain the skills and knowledge to better understand the specific challenges facing various groups and how to help someone who may be struggling. You will also learn how to: ask directly about suicidal intent and how to best support those in crisis, recognize the warning signs and risk factors of suicide, find resources to help yourself or a loved one and manage stress and develop effective coping skills through discussion, safety planning, and self-care.

HOW TO HELP THE PANDEMIC GENERATION THRIVE, WEDNESDAY, 3/17 – 12 PM
How can we best support our children during this time? Dr. Michele Borba explains why empathy and resilience are key and offers practical, evidence-based, and proven ways to reach kids and help them overcome adversity, be more resilient, and learn skills they will need both now—and in the future—to thrive.

FIXING OUR BROKEN SLEEP, THURSDAY, 3/18 - 12 PM
This interactive presentation with sleep expert Rick Clerici is designed to help participants begin getting better sleep almost immediately. Attendees will learn techniques for overcoming these common sleep problems: trouble falling asleep, difficulty staying asleep, excessive thinking, waking too early, Sunday night insomnia, chronic insomnia, daytime sleepiness, returning to sleep. Participants will experience a guided relaxation exercise for initiating sleep and returning to sleep.

Register today! Find solutions, stay centered, plan to thrive. Make it your Harvard.