MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAYS, 5/3, 5/10, 5/17, 5/24: 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.

CAREGIVING TECHNOLOGY, GADGETS, APPS AND MORE – TUESDAY, 5/4: 1:00 PM – 2:00 PM
There is a wealth of technology products and services available to help caregivers care for aging loved ones to keep them safe and keep them connected to avoid isolation and loneliness. There are also tech solutions to help caregivers – whether it’s for shopping, becoming more educated and developing empathy about a loved one’s condition, or finding greater balance and calm. Join corporate gerontologist and author Sherri Snelling as she takes the audience on a Tech Tour of these products, apps, and gadgets, and more important, where to find them and how much they cost. Care@Work presents this session.

MINDFULNESS AND ANXIETY – WEDNESDAY, 5/5: 10:00 AM – 11:00 AM
Occasional anxiety is a natural human experience, but for many people, anxiety can become a source of ongoing distress, capable of interfering with everyday life. Efforts to avoid anxiety may involve distraction or escapism, but these efforts provide only temporary relief. Mindfulness, on the other hand, offers a pathway to meet the experience of anxiety, and in doing so, restore valued activity, rather than allowing ourselves to be dominated by fear and avoidance. In this free workshop, Paul Fulton will introduce the use of mindfulness as a way to understand and respond to the experience of anxiety. Paul will be back on June 2nd for a 2.0 of this session.

THOUGHT DISTORTIONS: DON’T BELIEVE EVERYTHING YOU THINK – TUESDAY, 5/11: 1:00 PM – 2:00 PM
Our thoughts often take on a life of their own and make challenging situations seem even harder. This webinar will help you recognize common thought distortions. You’ll learn practical tips for reframing negative thoughts and discover a 4-step process to challenge unhealthy, self-limiting thoughts. This session is presented by KGA.

THE IMPORTANCE OF EMPATHY – TUESDAY, 5/12: 12:00 PM – 1:00 PM
Did you know that our work colleagues can make a huge difference in helping us get through tough times? The problem is, so many of us are too burned out right now to offer our coworkers the support they need. Dr. Kelsey Crowe, founder of the Empathy Bootcamp and author will offer resilience-building strategies and take you through a vigorous "empathy workout" that will help you learn how to support the people you care about most. This program is made available by Care@Work.

PREPARING THE TUITION BILL – THURSDAY, 5/20: 12:30 PM – 1:30 PM
The fall tuition bill will be here before you know it! Join Migdalia Gomez from the Harvard University Employees Credit Union to learn about payment options and strategies.

These programs are available for free to 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.