



MINDFULNESS & WELLBEING

September 2021

MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – EVERY MONDAY, 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.

INTRO TO EDNAVIGATOR: BACK-TO-SCHOOL AND THE GRADUAL RETURN TO NORMAL – WEDNESDAY, 9/1: 12:00 – 1:00 PM

What will back-to-school look like this year? How do I know whether my child's skills are on grade level after a year of pandemic schooling? What information matters most for my child to stay on track? In this information session, we'll introduce you to EdNavigator, a benefit available to you and your family through the Office of Work/Life. You will learn concrete ways to build an understanding of your child's skill level after an unprecedented year of schooling, and keep your child on track this year. We'll leave plenty of time for Q&A to ensure you walk away with some of the helpful and practical guidance that all families need for education in this complicated time!

RE-ENTRY: WHAT WORKS WHEN RETURNING TO CAMPUS – TUESDAY, 9/14: 12:00 – 1:00 PM

After navigating such difficult months, it is not surprising that over 2/3 of workers say they have concerns about returning to the workplace. This big and long-awaited step towards normalcy is likely to cause mixed emotions. This course will address how to acknowledge your feelings (and those of others), how to cope with change, and how to manage the inevitable uncertainty. Gail Parsons from KGA presents this session.

FIVE TECHNIQUES FOR A DEEP SLEEP – THURSDAY, 9/16: 12:00 – 1:00 PM

Whether you're talking to a sleep physician or surfing the web, it is very easy to recognize the importance of getting the right amount of sleep. People who are consistently well-rested have figured out the perfect balance of sleep quality and quantity that makes them the type of sleepers others envy. If you find yourself looking at your well-rested colleague or partner with jealousy, this seminar explores the habits that help people to be consistently good sleepers. Join Rick Clerici to learn these critical sleep techniques. KGA presents this session.

INTRODUCTION TO MINDFULNESS – MONDAY, 9/20: 12:00 – 1:00 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 MANAGING UNCERTAINTY – THURSDAY, 9/23: 12:00 – 1:00 PM

If there's one thing we know to be true, it's that things in life are never certain – or at least never as certain as we'd like them to be. And while we can typically handle uncertainty when it comes along in small doses, exceptionally disruptive events can leave us feeling isolated, anxious, and overwhelmed. Using techniques of mindfulness, participants will learn to effectively examine and regulate fast-moving streams of information from without – such as news reports, work demands, and our interactions with others, as well as equally fast-moving streams of information from within – such as our own thoughts, feelings, worries, and hopes. In doing so, we will establish an attitude of ease and stability, even in the most uncertain times. This session is led by Zeenat Potia. **Prerequisites: Either you have attended an "Introduction to Mindfulness" workshop at Harvard; you have completed "The Basics" course on the Ten Percent Happier app; or you have a well-established personal mindfulness practice.**

These programs are available for free for benefits-eligible faculty and staff only.

[CLICK HERE FOR FREE TEN PERCENT HAPPIER APP](#)

Click "Register today!" below to be taken to the Office of Work/Life Program Calendar (Harvard Key required) for registration links.

[Register today!](#)

Find solutions, stay centered, plan to thrive. **Make it your Harvard.**