MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, with Mary Green — every Monday, 10:00 - 11:00 a.m.
Start your week off right with mindful meditation along with some gentle stretching. The stretches and postures taught in this program are designed to improve one’s range of motion by increasing flexibility at the joints, and to 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.

MINDFULNESS PRACTICES FOR BURNOUT RELIEF, with Rebecca Wing — Tuesday, April 12, 12:00 – 1:00 p.m.
The literal definition of “burnout” is this: “The reduction of a fuel or substance to nothing, through use or combustion.” As every individual knows, however, 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 greater resilience is not always clear. In this training, we will explore how the essential foundations of mindfulness practice can generate energy, while simultaneously allowing us to cultivate and sustain a sense of calm. We will investigate the capacity to choose responses to challenges in a conscious, empowered way, instead of being swept off into patterns that contribute to stress and reactivity. In the service of these goals, participants will learn guided meditation practices applicable to their daily lives. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

THE GREAT JUGGLING ACT: BEING A PARENT AND A PERSON, with Julie Morgenstern, hosted by Care@Work — Tuesday, April 12, 12:00 - 1:00 p.m.
Finding a balance between raising a human and being a human isn’t easy. After the last two years, parents feel pulled in more directions than ever, often feeling guilty over spending time on one thing while neglecting another. Julie Morgenstern, author of Time to Parent, will share a unique framework for managing the conflicting priorities of the parenting years. Parents with kids at every age and stage in their lives will get practical tips and liberating insights, including how much time and attention kids need, clever ways to keep your marriage and social life alive, streamlining and sharing household logistics, and so much more. You’ll learn how to gain more time, lose the guilt, and be more deeply present in all you do.

SHUTTING DOWN: BOUNDARIES FOR OUR WORK, with Cally Ritter, hosted by KGA — Tuesday, April 12, 2:00 – 3:00 p.m.
We’re not just working longer hours; our work has now invaded our personal spaces and our personal time. Whether working from home, hybrid or on-site, many people are finding it difficult to step out of work mode and enjoy their personal time. This session explores concrete strategies for creating boundaries with our work. We’ll review pre- and post-work rituals, transition rituals, and social supports for containing work creep and regaining our ability to protect personal space and time.

FACING AND FEELING GRIEF WITH MINDFUL AWARENESS, with Rebecca Wing — Wednesday, April 27, 12:00 – 1:00 p.m.
Losing a loved one, a job, or a relationship can plunge us into the deep end of loss. We may feel aimless, confused and heartbroken—even to the point where it becomes difficult to focus on daily needs. It is possible, however, to learn to face grief by allowing ourselves to feel it—instead of turning away from it. Mindfulness practice provides the steady footing needed to explore the ways grief shows up in our lives, and experiment with letting it go when our focus needs to be elsewhere. In this session, we will work on strengthening our ability to make room for difficult feelings without being consumed by them. As a result, the natural process of grieving will not leave us feeling depleted, but instead more confident in the value of all the moments of our lives.

These programs are available for free for benefits-eligible faculty and staff only. **CLICK HERE FOR FREE TEN PERCENT HAPPIER APP**
Click below for registration links on the Office of Work/Life Program Calendar (Harvard Key required).