



MINDFULNESS & WELLBEING

October 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.

MANAGING DIFFICULT EMOTIONS AT WORK — WEDNESDAY, 10/6: 1:00 PM – 2:00 PM

Resisting or suppressing difficult emotions does not make them go away—instead, it can lead to increased stress, decreased focus, and the unmistakable feeling of overwhelm. Employees who practice mindfulness, on the other hand, are better able to recognize and understand their own inner landscapes, recognizing complex emotions and challenging thoughts when they arise—and understanding why they might have come about in the first place. This specialized quality of awareness prepares one to move through the world, empowered to make wise choices in every situation. Christine O’Shaughnessy leads this session.

Prerequisite: Intro to Mindfulness or existing mindfulness practice.

MINDFULNESS AND EMOTIONAL INTELLIGENCE — THURSDAY, 10/7: 12:00 PM – 1:00 PM

Success at work and fulfillment in life may be enhanced when we naturally tap into our emotional intelligence. Self-awareness, the ability to recognize and work with difficult emotions, and the cultivation of empathy for others are all skills critical for high performance in life’s various arenas. Paul Fulton leads this engaging course supporting the cultivation of these important skills. Paul will return on October 28, for a follow-up 2.0 session. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

SURVIVING AND THRIVING AS A NEW PARENT — TUESDAY, 10/12: 12:00 PM – 1:00 PM

It goes without saying: becoming a new parent is a major life change. Both men and women are at risk of postpartum depression. One in 5 women and 1 in 10 men struggle with postpartum mood disorders. By building support networks, finding ways to communicate needs and expectations, practicing self-care, and setting boundaries, employees can survive and thrive as new parents. In this workshop presented by KGA, employees will create self-care plans to build resilience and strong foundations, learn to set boundaries for family and work obligations, and recognize signs of postpartum depression and how to get help.

INTRODUCTION TO MINDFULNESS — WEDNESDAY, 10/13: 10:00 AM – 11:00 AM

This program, led by Zeenat Potia, 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.**

EAP OVERVIEW FOR EMPLOYEES — WEDNESDAY, 10/13: 2:00 PM – 2:30 PM

The Employee Assistance Program (EAP), KGA, is a free, confidential service that provides counseling and work-life assistance to employees and household members. Join us for a 15 minute presentation to learn how the EAP can save you stress, time, and money by providing support for practical and personal issues.

FACING AND FEELING GRIEF WITH MINDFUL AWARENESS — FRIDAY, 10/15: 12:00 PM – 1:00 PM

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 workshop, 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. Rebecca Wing leads this session.

MINDFULNESS PRACTICES FOR BURNOUT RELIEF — TUESDAY, 10/26: 12:00 PM – 1:00 PM

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 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. 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 service of these goals, participants will learn guided meditation practices applicable to their daily lives. Rebecca Wing leads this session. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

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

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