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.

MINDFULNESS AND ANXIETY — WEDNESDAY, 11/3: 12:00 PM — 1:00 PM
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 December 1st for a 2.0 of this session. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

MINDFULLY CARING FOR ELDERS — FRIDAY, 11/5: 10:00 AM — 11:00 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.

‘TIS THE SEASON: PRACTICAL TIPS FOR MANAGING HOLIDAY STRESS — TUESDAY, 11/9: 12:00 PM — 1:00 PM
‘Tis the season for unrealistic expectations, hectic schedules, financial stress, unhealthy habits and unpredictable (or perhaps quite predictable!) family dynamics. The heightened stress of the holiday season impacts 8 out of every 10 Americans, so ask yourself ...is it really “The Most Wonderful Time of the Year?” Perhaps your answer is an enthusiastic “yes”, a resounding “no”, or somewhere in between. Regardless of how you feel about the upcoming holidays, stress levels are higher for most people and this session will help you create a plan for a happy and healthy holiday season. This session is presented by KGA.

EDNAVIGATOR WEBINAR: MAKING THE MOST OF SCHOOL CONFERENCES — MONDAY, 11/15: 12:00 PM — 1:00 PM
Join EdNavigator’s team of expert education advisors to learn about effectively deciphering information coming home from school and strategies for resetting home routines and transitioning back to “normal” school. 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 in this complicated time for education and show you how to enroll to gain access to a personal education advisor for your students at no cost!

MINDFUL EATING — THURSDAY, 11/18: 11:00 AM — 12:30 PM
How often do we go to the market and end up purchasing groceries we didn’t intend to purchase? Plan to eat healthfully but find that we did not? Look in our refrigerator for a snack to meet an emotional need? Avoid food altogether for any number of reasons? Completely miss the taste and nourishment of a special meal because distracting thoughts carried us away from the moment? These all-too-common experiences happen to us when we feel distanced from our bodies, our thoughts, and our emotions. This session delves into how a consistent practice of mindfulness can help participants close those gaps and further manage the unconscious, reactive habits that can build up around food. As a result, participants will learn to become more aware of when they are truly hungry, when they are not, and when they are sated. Participants will learn to better appreciate all aspects of their relationship with food, from purchasing to consuming, and from nourishing themselves to connecting with others. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

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