



# MINDFULNESS & WELLBEING



**HARVARD**  
Human Resources  
WORK/LIFE

## December 2021

### **MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, WITH MARY GREEN — EVERY MONDAY, 10:00 AM — 11:00 AM**

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.

### **MINDFUL COMMUNICATION: SPEAKING AND LISTENING WITH AWARENESS, WITH TARA HEALEY — FRIDAY, 12/3: 12:00 PM — 1:00 PM**

Our daily conversations can become automatic, pressured, and careless. With the right mindset, however, even ordinary interactions become rich territory for effectively expressing our deepest values. Join others to explore ways to see conversation as an opportunity to practice a special kind of attentiveness, transforming our encounters with colleagues into meaningful moments of genuine exchange.

**Prerequisite:** Intro to Mindfulness or existing mindfulness practice.

### **MINDFUL PARENTING (AGES 0-10), WITH CHRISTINE O'SHAUGHNESSEY— TUESDAY, 12/7: 12:00 PM — 1:00 PM**

Mindfulness practice cultivates the conditions of openness and receptivity in which communication and emotional connection naturally flourish. Bringing mindful attention to our skills as parents increases our capacity to form strong bonds with all family members. So learn about becoming a more mindful person and more mindful parent to young children, able to navigate the inevitable waves of joy and frustration that accompany every parent's experience with a greater sense of ease. **Prerequisite:** Intro to Mindfulness or existing mindfulness practice.

### **THE COST OF CAREGIVING: HOW TO LIGHTEN THE LOAD, WITH ALEXANDRA DRANE— WEDNESDAY, 12/8: 12:00 PM — 1:00 PM**

If you are working full-time and caregiving is your "other" job, or it's your full-time role, or you are scaling back up after time away as a caregiver, that constant pressure you can't quite name is likely the intensity of caring for a loved one. Join an expert from Care@Work as she shares the data on caregiving as the job many of us don't even realize we have, its broad impact on our lives, and surprising solutions that actually work. Let the weight of the load you carry yield a bit as you learn some basic steps to make things a little easier.

### **STRESS REDUCTION: SELF-CARE TOOLS THAT CAN MEET ANY MOMENT, WITH KGA— WEDNESDAY, 12/8: 1:00 PM — 2:00 PM**

Life's typical uncertainty has taken on another dimension during the pandemic, and we know our minds and bodies are responding to this in profound ways. This session reviews some always-present tools to regulate the stress response, and these include mindfulness, a foundational part of effective brain training. Join us to explore techniques that help us to meet our lives with calmer and wiser responses, and learn proven practices to alleviate common feelings of "too much." Wherever you are on the overwhelm continuum, these are valuable tools for clarity and peace of mind.

### **EAP MANAGER OVERVIEW, WITH KGA— WEDNESDAY, 12/8: 2:00 PM — 2:30 PM**

Calling all managers! Join us for an overview of how Harvard's EAP can provide consultations that help you help others *and* yourself.

### **DROP-IN MINDFULNESS PRACTICE AND DISCUSSION GROUP, WITH PAUL FULTON — WEDNESDAY, 12/15: 12:00 PM — 1:00 PM**

Ready to take your mindfulness practice to the next level? Come check in with an expert instructor and likeminded practitioners. In a setting designed to encourage practice and inquiry, you can address impediments to your practice, and get tips on how to bring increased energy to your practice methods—all while building a sense of community. *While practitioners at all levels are welcome, this is not an introductory class. Instead, participants should seek to deepen their current practices, either learned through other workshops or their own private exploration.*

### **ADULT/SENIOR CARE RESOURCES REVIEW, WITH CARE@WORK AND KGA — MONDAY, 12/13: 12:00 PM — 1:00 PM**

Learn about multiple resources to help you plan for and support elders or other dependent adults. Join Chandi Deitmer, LICSW, from Care@Work, and Betsy Pratt and Sarah Reynard from KGA, as they tell you how both programs provide expert advice, emotional support, and nation-wide referrals on adult-care issues. They will describe the ways these programs are different and how they work together to help you develop action plans to manage the ever-changing demands of caring for aging family members and other dependent adults.

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

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

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

**Register today!**

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