



MINDFULNESS & WELLBEING

February 2022

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.

MANAGING DAILY STRESSES: A MINDFUL APPROACH TO WORK, with Paul Fulton — Tuesday, February 1, 12:00 - 1:00 p.m.

Everyone experiences stressful days at work, but how we respond to stress makes a significant difference in work performance, the quality of our interactions, and how we feel both physically and mentally. In this program, participants are taught to recognize the early signs of stress as well as the sources of stress. They will also learn how regular mindfulness practice can enable them to respond to stressful situations in a calm, clear, and thoughtful manner. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

WHEN THE WELL IS DRY: RESET & RECHARGE WHEN YOU'RE DEPLETED, Presented by: Jennifer L. Hartstein, PsyD, hosted by Care@Work — Tuesday, February 8, 12:00 - 1:00 p.m.

Join us for a candid discussion about how the challenges of the last two years and the stress of living in ongoing uncertainty have impacted our mental health. We'll talk about strategies to increase self-compassion, have open conversations about one's needs, and the importance of self-care. You'll leave the session with take-aways on how to implement changes in your daily routine.

MANAGING YOUR DEBT, Presented by Jimmy Beck, hosted by KGA — Tuesday, February 15, 1:00 - 2:00 p.m.

This session focuses on the best strategies for repaying consumer debts and creating sustainable spending behaviors to build savings.

MANAGING DIFFICULT EMOTIONS AT WORK, with Christine O'Shaughnessy — Wednesday, February 16, 1:00 - 2:00 p.m.

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.**

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

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