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.

THE GREAT RESET: SIMPLE STRATEGIES FOR TAKING CHARGE AND FEELING BETTER AS A WORKING PARENT IN 2022, Presented by: Daisy Dowling, hosted by Care@Work — Tuesday, January 11, 12:00 - 1:00 p.m.

You did it. Through sheer grit and determination, you managed to get through two years of working and caregiving during a global pandemic. As we start a New Year, you want to do and feel better...as a professional, parent, and person. You deserve to! And the good news is, you can. In this free session, top executive coach and working parenthood expert Daisy Dowling will cover the simple steps you can take to achieve greater success and satisfaction as a working parent or caregiver in 2022 and beyond. She'll share easy-to-use routines and strategies that will let you take charge of your career, stay truly connected with your family, tame that endless to-do list - and feel like yourself again. We hope you'll join us!

BALANCING ACT OR ACTING BALANCED? Presented by: Gail Parsons, hosted by KGA — Wednesday, January 12, 12:00 - 1:00 p.m.

This seminar will make you think differently about “work-life balance”. Is it an ideal worth striving for? A complete myth? One-size-fits-all? It’s time to stop feeling guilty about trying to “have it all” and more important, trying to “do it all”. We’ll dig deeper than the basic time management skills, productivity hacks, and stress management tips that are commonly featured in blogs and magazines. Our research-based approach will help you understand the keys to personal energy renewal and how it relates to your emotional, intellectual, and physical well-being.

REOPENING TO LIFE: APPROACHING THE “LATEST NORMAL” WITH EASE AND GRACE, with Christine O’Shaughnessy — Thursday, January 13, 12:00 - 1:00 p.m.

In recent years, we’ve had to adapt to managing our work lives and personal relationships in new and often difficult ways. As we consider what it means “to return”—to the office, social events, and routines—we may feel some anxiety, even panic. Every person will have a different list of concerns, but we can all benefit from how mindfulness renegotiates our responses to whatever the “latest normal” happens to be. We will identify the circumstances which give rise to difficult emotions; address those emotions in purposeful and practical ways; all in the service of feeling steadier in the face of persistently turbulent times. Prerequisite: Intro to Mindfulness or existing mindfulness practice.
ATOMIC HABITS: TINY CHANGES, REMARKABLE RESULTS, Presented by: Katherine McHugh, hosted by KGA — Tuesday, January 18, 12:00 - 1:00 p.m.
The seed of every habit is a single, tiny decision. Atomic habits are regular practices or routines that are not only small and easy to do, but also the source of incredible power, a component of the system of compound growth. Based on the #1 NYT bestseller by one of the world’s leading experts on habit formation, James Clear, this webinar offers dynamic, effective, and immediate ways to foster new positive habits or mitigate those ‘not so great’ habits that aren’t serving you. Drawing on ideas from biology, psychology and neuroscience, Atomic Habits is an engaging hour and an easy-to-understand guide that can be readily applied to work and daily life. True stories from the field illustrate how to make good habits inevitable and bad habits impossible. Join us to discover relevant and fundamental strategies as part of a step-by-step system for every and any kind of personal development and transformational change.

INTRODUCTION TO MINDFULNESS (Prerequisite to more advanced courses,) with Christine O’Shaughnessy — Wednesday, January 19, 12:00 - 1:00 p.m.
This program 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.

MINDFULLY MANAGING UNCERTAINTY, with Zeenat Potia — Thursday, January 27, 12:00 - 1:00 p.m.
If there’s one thing we know to be true, it’s that life is never as certain as we’d like it to be. And while we can typically handle uncertainty in small doses, exceptionally disruptive events may leave us feeling isolated, anxious, and overwhelmed. We will examine how to regulate fast-moving streams of information from the outside: news reports, work demands, interactions with others – as well as equally fast-moving streams of information from within: thoughts, feelings, worries, and hopes. In doing so, we will establish an attitude of ease and stability, even in the most uncertain times. Prerequisite: Intro to Mindfulness or existing mindfulness practice.

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.