

MINDFULNESS & WELLBEING

May 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 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 CHALLENGING FAMILY CONVERSATIONS ABOUT CARE, with Chandi Deitmer, LICSW, Care.com, hosted by Care.com — Tuesday, May 3, 1:00 – 2:00 p.m. You've been concerned about your loved one living at home as they age and have trouble getting around- but you've come up with the perfect plan to support them. There's only one problem – they are refusing to acknowledge anything is wrong and won't accept help. What now? So often, our loved ones do not accept care support because it can feel like a loss of control and independence. This webinar will address how to support your loved one's autonomy - even when they need help. It will also provide strategies to introduce beneficial care options in a non-threatening manner.

MINDFUL COMMUNICATION, with Tara Healey and Mary Green — Tuesday, May 10, 12:00 – 1:00 p.m. Our daily conversations can become automatic, pressured, and careless. However, with the right mindset, even ordinary interactions become rich territory for expressing our deepest values effectively. 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.**

SENIOR CARE & TOUGH CONVERSATIONS, with Jody Gastfriend, LICSW, Amy Goyer, AARP's National Family and Caregiving Expert & Jill McNamara, Senior Director, Care.com, hosted by Care.com — Tuesday, May 10, 12:00 – 1:00 p.m. Caring for aging loved ones can bring joys and challenges but may also require tough conversations that you'd prefer to avoid. Clear and proactive communication can make a huge difference in getting to the best outcome. Hear from national experts on aging and caregiving how to approach sensitive topics such as driving, finances, changes in memory and cognition, and end-of-life care. You'll learn how to navigate these challenging conversations with your seniors, siblings, and other family members and even get advice about how best to approach your employer.

MINDFULLY CARING FOR ELDERS, with Tara Healey — Thursday, May 19, 12:00 – 1:00 p.m. 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.

MINDFUL PARENTING (AGES 0-10), with Zeenat Potia — Wednesday, May 25, 12:00 – 1:00 p.m. 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 increase our capacity to form strong bonds with all family members. Learn about becoming a more mindful person and more mindful parent to young children, navigating 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.**

MENTAL HEALTH RESET: 5 TOP TIPS FOR BETTER WELL-BEING, with Fatimah Finney, KGA partner, hosted by KGA — Wednesday, May 18, 12:00 – 1:00 p.m. Are you doing your best and still not feeling your best? Mental Health is essential to overall health, and this webinar will provide strategies to identify and improve areas of mental disruption. Through personal reflection and practical techniques, you'll leave with an action plan for creating sustainable self-care practices.

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

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