



MINDFULNESS & WELLBEING

October 2022

MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, with Mary Starr Green

Every Monday, 9:00 – 9:30 a.m. and every Friday, 12:00 - 12:30 p.m.

Start and end your week 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.

CARING FOR YOURSELF, AND CARING FOR OTHERS, THROUGH MINDFULNESS, with Rebecca Wing

Monday, October 3, 12:00 – 12:45 p.m.

In times of turmoil and anxiety—when so many people seem in need of our help—the contemplative practices of mindfulness can seem counter-intuitive: “Is sitting here quietly really helping anyone?” But like other sorts of personal protective equipment, the practices of mindfulness prepare our hearts and minds to support effectively and sustainably those around us. We will investigate how mindfulness practices that make the mind calm, but also bright, establish a foundation for enacting immediate, incisive change in our family units, in our professional units, and within culture as a whole. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

THE OFFICE OF WORK/LIFE PROGRAMS AND RESOURCES OVERVIEW, hosted by the Office of Work/Life

Wednesday, October 5, 12:00 – 12:30 p.m.

Grab your lunch and join the Office of Work/Life team for a review of the programs and services available through the Office of Work/Life to all benefits-eligible faculty and staff at Harvard University.

INTRODUCTION TO MINDFULNESS (Prerequisite to more advanced courses), with Tara Healey and Roberval Oliveira

Thursday, October 6, 3:15 – 4:00 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.

THE KIDS ARE *NOT* ALL RIGHT: BUT, ARE THEY GETTING BETTER? with Dr. Jennifer Hartstein, hosted by Care.com

Tuesday, October 11, 12:00 – 1:00 p.m.

Back by popular demand, Dr. Jennifer Hartstein returns for a follow-up to our summer session on the impact the last few years has had on our teens and college-aged kids. Now a few months into the new school year, Dr. Jen is here to see how you and your kids are doing. This webinar will be almost entirely Q&A, so please post your questions in the registration link. And if you can't make it to the live webinar, please register to receive a recording of the session.

EMPLOYEE ASSISTANCE PROGRAM (EAP) OVERVIEW FOR EMPLOYEES, hosted by KGA

Tuesday, October 11, 2:00 – 2:30 p.m.

Harvard's Employee Assistance Program, provided by KGA, is a free and confidential benefit that provides support for benefit-eligible employees and their family and household members. Learn how they can assist you and what services and benefits they offer, what is available on their website, and how to access their app.



CARE.COM OVERVIEW, with Kate Davie Wood

Wednesday, October 12, 12:00 – 12:30 p.m.

Care.com provides dependent care services to Harvard's benefits-eligible employees. Grab your lunch and log in for a brief overview of the services available to benefits-eligible faculty and staff. Learn what is available on their website and how to access their app.

DRAWING FROM THE PRESENT: MINDFULNESS AND ART, with Michele Vitti

Monday, October 17, 12:00 – 1:00 p.m.

In this session, we will be exploring mindfulness, using visual art exercises as a vehicle for practicing present-moment attention, an awareness that is open, curious, and non-judgmental. There are many overlaps between the practices of mindfulness meditation and the creative process. We will practice releasing our various forms of expertise to investigate staying present and accessible to the possibilities that can result from the experience of putting marks on paper. This workshop requires *no art experience*. In fact, we won't actually be "making art." Our focus will be on mindfulness, and if something delightful happens on paper, that will be a welcome delight. **Prerequisite: Intro to Mindfulness or existing mindfulness practice.**

MANAGING DAILY STRESSES: A MINDFUL APPROACH TO WORK, with Christine O'Shaughnessy

Thursday, October 13, 3:15 – 4:00 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. In addition, they will 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.**

SANDWICH GENERATION, Presented by Gail Parsons, KGA partner, hosted by KGA

Wednesday, October 19, 2:00 – 3:00 p.m.

Sixty-four percent of elder caregivers are working full or part-time. More than forty percent also care for children under 18. If you feel the pressure, this practical workshop is for you. If this doesn't sound like you today, it might be very soon, so we invite you to plan ahead. Participants will hear ideas to help find balance, harmony, and success in the personal and professional spheres, and discover resources to support this challenging time of life.

MINDFUL COMMUNICATION: SPEAKING AND LISTENING WITH AWARENESS, with Mary Starr Green

Monday, October 24, 3:15 – 4:00 p.m.

Our daily conversations can become automatic, pressured, and careless. However, with the right mindset, 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.**

MINDFULNESS AND ANXIETY, with Paul Fulton

Wednesday, October 26, 12:00 – 12:45 p.m.

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 workshop, Paul will introduce the use of mindfulness as a way to understand and respond to the experience of anxiety. **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

[Register today!](#)

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