

## WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF



### Show Your Heart Some Love

Happy [American Heart Month](#)! All those heart decorations aren't just for Valentine's Day—they're also a reminder for us all to focus on our heart health and take steps to reduce the chance of a heart attack or stroke.

Here are some steps you can take to strengthen your cardiovascular system:

- [Learn more about heart disease](#) and get tips for your overall health by reviewing the T.H. Chan School of Public Health's [Healthy Living Guide 2023/2024](#).
- Consider making [ten small changes to improve heart health](#).
- Reduce your cholesterol by [incorporating these heart healthy foods into your diet](#).

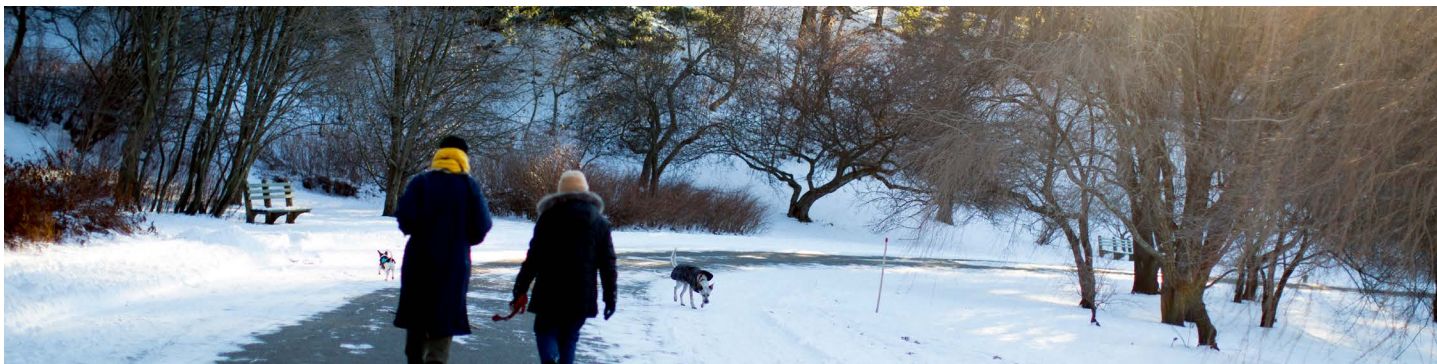


- Every 40 seconds, someone in the U.S. experiences a heart attack. If you recognize the [symptoms of a heart attack](#) in yourself or someone else, call 911 immediately. Not sure what to do until help arrives?
- Prepare in advance by taking a CPR training course from [Crimson EMS](#), [the American Heart Association](#), or the [American Red Cross](#).
- Familiarize yourself with the locations of the automated external defibrillators (AEDs) nearest your workspace and areas you frequent.

Did you know? Mental health—even a [broken heart](#)—has been linked to heart health. You can take steps to manage stress, anger, and depression by:

- taking a free, five-minute mental health assessment from [Learn to Live](#) (use access code HUWellbeing);
- equipping yourself with strategies for dealing with seasonal mood changes at a 15-minute Learn to Live webinar, Good News about the Winter Blues, on [February 9, 16, or 27](#); or
- downloading the [Ten Percent Happier](#) app (free for all benefits-eligible faculty and staff), which draws on proven mindfulness strategies to help relieve stress and anxiety.

Over the course of a lifetime, the human heart beats more than [2.5 billion](#) times, on average. Stay healthy and make each beat count!



## Get Outside and Beat the Winter Blues!

The winter months, with their shortened daylight hours, can make it more challenging to motivate yourself to venture outdoors. But we all know that time spent outdoors—any time of year—provides benefits to our physical and mental health.

Here are some winter outdoor activities for energizing your body and lifting your spirits:

- Explore [Arnold Arboretum](#), beautiful in every season! Take a [guided tour](#), an [hour-long wellness walk](#), a [family story walk](#), [attend other special events](#) (learn more about urban [coyotes!](#)), or just wander through on your own. Be aware that weather might affect some events (check the Arboretum website for details).
- Play cornhole, ping pong, and shuffleboard, or try ice bowling at the Science Center [Plaza WinterFest](#), every Wednesday through Saturday this month.
- Stroll on down to the [Harvard Ed Portal](#) in Allston to view an [interactive, augmented reality-enabled mural](#).
- Visit [Mount Auburn Cemetery](#), a [National Historic Landmark](#) with [special events](#) that include nature drawing workshops and live owl programs.
- Lace up your skates (or rent a pair) and take a spin around the [public rink in Kendall Square](#) or at the [Boston Frog Pond](#).

The trick to staying warm amid winter's outdoor pursuits? Keep moving—and reward yourself with a steaming mug of [hot chocolate in Harvard Square](#) or at Plaza WinterFest!

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## MIND AND BODY

**“Trouble is part of your life—if you don’t share it, you don’t give the person who loves you a chance to love you enough.” - Dinah Shore\***

- Join L2L’s webinar [Building Stronger Connections for a Healthier Life](#) (use access code HUWellbeing) to discover ways to break down barriers and connect with others.
- Celebrate and admire the talent of your colleagues at this year’s [Harvard Staff Art Show](#), which kicks off with a [virtual launch party](#) on Wednesday, February 7 and features hundreds of artists’ works in virtual and physical spaces.
- Whether you’d like help managing stress, eating healthier, quitting smoking, or getting more active, the [certified Wellness Coaches](#) from Blue Cross Blue Shield can help you set and meet your personal goals.

## LEARNING AND GROWTH

**“I think it’s time that we all be there for the children, to learn from the ones who came before us, and to teach our sons and daughters to have respect for themselves.” - Ja Rule\***

- Got an extra day this month? Spend the time making sure you have the right skills, knowledge, and mindset to adapt to the evolving workplace at the [Future Proofing Your Path](#) webinar (HarvardKey required) on February 29.
- Attention managers delivering employee evaluations! Bring your own real-life example (or use a practice scenario) to the [Constructive Conversations and Delivering Feedback](#) virtual workshop (HarvardKey required) and gain insights into delivering feedback in our age of dynamic work.
- Managing a project without prior experience? Get up to speed with [Introduction to Project Management](#), a two-hour virtual, hands-on workshop (HarvardKey required) to learn key concepts about scheduling and developing project plans.

To learn about specific project management software applications, find relevant training modules on [LinkedIn Learning](#) (log in to the Harvard Training Portal with your HarvardKey).

## LIVING AND WORKING

**“In music there is no racism, no fanaticism, no borders. In music, there are artists who sing about politics—engaged artists—and artists who sing about love, who sing about life, artists who make you dance, and artists who make you laugh.” - Khaled\***

- Understand the diversity of disability and discover how to support colleagues as a manager or ally at the [Disability Inclusion in the Workplace](#) webinar from KGA.
- From childcare resources to mindfulness classes to volunteer opportunities, learn about the wide range of offerings from the [Office of Work/Life](#) at their [Programs and Resources Overview](#) webinar.
- Looking to understand mindfulness? Abe Dejene is leading an [Introduction to Mindfulness](#) over Zoom on February 8, and during this African-American history month, he’s encouraging BIPOC staff and faculty to participate.

## FINANCE AND SECURITY

**“The secret to wealth is simple: Find a way to do more for others than anyone else does. Become more valuable. Do more. Give more. Be more. Serve more.” - Tony Robbins\***

- Consult myFiTage to get a personalized, interactive assessment of your financial wellbeing. Find the program at the bottom of your [My Harvard Total Rewards](#) page (HarvardKey required).
- Understand the key factors facing women preparing for retirement, take a quiz to understand your financial personality, and explore investing strategies developed with women in mind at TIAA’s webinar, [She’s Got It: A woman’s guide to saving and investing](#).
- Learn how to take control of debt and prepare for home ownership in TIAA’s webinar, [Gaining Insight: Navigating debt consolidation and understanding the mortgage process](#).

\*Dinah Shore (1916–1994) was a chart-topping jazz singer, a television host, and a golf enthusiast elected to the LPGA Hall of Fame for her support of women’s professional golf. Ja Rule (1976–) is a rapper known for “Holla Holla” and “Always on Time”; while serving a prison sentence for gun possession and tax evasion, he earned a certificate on Entrepreneurship Essentials from Harvard Business School online. Khaled (1960–), formerly Cheb Khaled, is an Algerian singer, songwriter, and the best-known practitioner of rai, an Algerian folk music genre. Tony Robbins (1960–) is a best-selling author, motivational speaker, and philanthropist, perhaps best known for his seminars where attendees walk barefoot on hot coals. All are [leaplings](#), born on February 29.

To explore additional Harvard employee events, view the [full calendar](#) on HARVie.