

MINDFULNESS & WELLBEING

March 2024



WEBINARS FOR PERSONAL WELLBEING

MINDFUL MOVEMENT: YOGA FOR THE OFFICE, with Mary Starr Green, every Monday 9:00 – 9:30 a.m. and every Friday 12:00 – 12:30 p.m., from January 8 – May 24

As every office worker knows, sitting for long periods can result in stiffness and discomfort. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints—thereby improving one's range of motion—and also 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. This class does not require special clothing or equipment.

MINDFUL COMMUNICATION: LISTENING WITH AWARENESS, with Tara Healey & Mary Grimes Finley, Monday, March 4, from 12:00 – 12:45 p.m.

Daily conversations can become automatic, pressured, and careless. With the right mindset, however, even ordinary interactions can become rich territory for effectively expressing our deepest values. This program demonstrates how conversation provides an opportunity to practice a special kind of attentiveness, transforming our encounters with colleagues into meaningful moments of genuine exchange.

UNMASKING THE SECRET TO A BETTER NIGHT'S SLEEP, hosted by Learn to Live, Wednesday, March 6, 11:00 – 11:30 a.m., Friday, March 15, 10:00 – 10:30 a.m., Tuesday, March 19, 2:00 – 2:30 p.m.

How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight. Join us to learn more! **Code: HUWellbeing**

CARE TALKS – EMOTIONAL WELLNESS: MANAGING FEAR AND ANXIETY, presented by Theresa Francois, hosted by Care.com, Thursday, March 7, 1:00 – 2:00 p.m.

In this class, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.

EQUITY IN ACTION: DEI'S NEXT CHAPTER, with Netta Jenkins, DEI expert and CEO of Aerodei and Naaz Nichols, CCEO at Care, hosted by Care.com, Tuesday, March 12, 12:00 – 1:00 p.m.

Join to hear an engaging, candid conversation between Netta and Naaz Nichols, Chief Customer Experience Officer at Care, as they discuss how a "seat at the table" doesn't necessarily equate to a voice in the conversation. We'll discuss true inclusion in your workplace, the impact of DEI efforts (or lack thereof) on caregivers, and how we can work together to create a culture where all voices aren't just heard but valued.



SOCIALIZE YOUR WAY TO HEALTH, presented by Sofiya Stasiv, hosted by KGA, Tuesday, March 19, 1:00 – 2:00 p.m.

Over the last few years, studies have shown that social interactions and connections have significantly decreased, directly impacting our mental and physical health. This workshop will discuss the three vital components of social connection, why it matters, and how to boost our social well-being in a meaningful way.

MANAGING DAILY STRESSES: A MINDFUL APPROACH TO WORK, with Christine O'Shaughnessy, Friday, March 22, 9:00 – 9:45 a.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 mindfulness enables them to respond to stressful situations in a calm, clear, and thoughtful manner.

SETTING BOUNDARIES FOR WELL-BEING: THE ART OF BOUNDARIES, hosted by Learn to Live, Wednesday, March 27, 1:00 – 1:30 p.m.

Are there times you want to set boundaries but find yourself feeling stressed or guilty in doing so? Or do you find you struggle with knowing how to be assertive in interactions with others? Join our Clinical Team as they explain the four communication styles, share strategies to become more assertive, define and discuss ways to build effective boundaries in everyday life. **Code: HUWellbeing**

THE OFFICE OF WORK/LIFE PROGRAMS AND RESOURCES OVERVIEW, presented by Karen Kelly, Wednesday, March 27, 12:00 – 12:30 p.m.

Harvard's Office of Work/Life supports the health and wellbeing of benefits-eligible faculty, staff and postdoctoral fellows as well as their spouses/partners and child and adult/elder dependents. Grab your lunch and join to learn about these wide-ranging programs and resources.



WEBINARS FOR EMPLOYEES WITH DEPENDENT CHILDREN

CARE TALKS–DISABILITY & NEURODIVERSITY: PLANNING FOR SUMMER TRAVEL AND CAMP, presented by Jane Lynn Britton, hosted by Care.com, Tuesday, March 12, 1:00 – 2:00 p.m.

Traveling and summer camp can be an important part of creating a meaningful life for your child by enabling them to experience the world and learn social skills in fun and interactive environments. Learn how to find camp options as well as tips for planning, packing, managing dietary needs, car and air travel, and safety considerations that will help you have an enjoyable summer trip.

CARE TALKS–CHILDCARE & PARENTING: COMMUNICATING AND RESOLVING CONFLICT WITH YOUR TEEN, presented by Karen Harvey, hosted by Care.com, Wednesday, March 27, 1:00 – 2:00 p.m.

Traveling and summer camp can be an important part of creating a meaningful life for your child by enabling them to experience the world and learn social skills in fun and interactive environments. Learn how to find camp options as well as tips for planning, packing, managing dietary needs, car and air travel, and safety considerations that will help you have an enjoyable summer trip.



WEBINARS FOR EMPLOYEES WITH DEPENDENT ELDER/OTHER ADULTS

CARE TALKS – AGING AND ADULT CARE: SLEEP SCIENCE & RELAXATION TO CALM CAREGIVERS, presented by Sherri Snelling, hosted by Care.com, Wednesday, March 20, 1:00 – 2:00 p.m.

March 10 -16 is National Sleep Awareness Week and no better time to look at how sleep science improves our physical and mental health. Many caregivers experience insomnia and sleep deprivation which impacts their family life, work and ability to care for loved ones. This webinar reviews sleep science including: how social media creates sleep debt, how to practice good sleep hygiene habits but also how to calm the mind and body, how to improve your circadian rhythms through techniques such as avoiding blue light at night and embracing pink noise and whether there is a health benefit to naps.

ADULT AND SENIOR CARE RESOURCES OVERVIEW, presented by Betsy Pratt, Sarah Reynard from KGA and Kimberly Anthony from Care.com, hosted by the Office of Work/Life, Thursday, March 21, 12:00 – 1:00 p.m.

Learn about multiple resources to help you plan for and support elders or other dependent adults. Kimberly Anthony from Care.com, and Betsy Pratt and Sarah Reynard from KGA discuss how both programs provide expert advice, emotional support and nation-wide referrals on adult-care issues. They will describe how these programs are different and how they work together to help you develop action plans to manage the ever-changing demands of caring for aging family members and other dependent adults.



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