

MINDFULNESS & WELLBEING

May 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.

CARE TALKS – EMOTIONAL WELLNESS-TOOLS TO LIVE YOUR BEST LIFE, presented by Yarisa Bonet, hosted by Care.com, Thursday, May 2, 1:00 – 2:00 p.m.

This seminar walks participants through the various tools to enhance our lives. It reminds and teaches us the importance of prioritizing our mental and physical health. We will review best practices and encourage all to add to this critical tool kit.

UNLOCKING IN THE POWER WITHIN: NURTURING YOUR MENTAL WELLBEING, presented by Marissa Alert, hosted by KGA, Thursday, May 9, 1:00 – 2:00 p.m.

In this session, you will gain a deeper understanding of what mental health is (and what it isn't) and learn practical self-care practices and techniques that are designed to enhance emotional and mental equilibrium. And here's the game-changer: You'll learn how to make mental well-being a seamless part of your daily life, creating a routine that’s not just effective but also sustainable.

THE PRICE OF SILENCE: HOW TO TALK ABOUT YOUR MENTAL HEALTH, hosted by Learn to Live, Friday, May 10, 1:00 – 1:30 p.m.

If you’re struggling with anxiety, depression, or a related concern, you know that’s when you feel the least like discussing what you’re going through. We’ll offer input on the importance of sharing, strategies, and guidance in seeking support. **Code: HUWellbeing**

THE OFFICE OF WORK/LIFE PROGRAMS AND RESOURCES OVERVIEW, presented by Karen Kelly, Monday, May 13, 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.



CARING WITHOUT CRUMBLING, hosted by Learn to Live, Thursday, May 16, 11:00 – 11:30 a.m.

Feeling like you're constantly running on empty, juggling caregiving responsibilities while neglecting your own well-being? It can feel like it's impossible to balance it all. Our team will discuss strategies to help you prevent caregiver burnout by learning how to challenge and reframe those persistent, draining thoughts that keep you trapped in the burnout cycle, navigate complex emotions that come with caregiving, and share practical tools to regain a sense of balance. **Code: HUWellbeing**

CARE TALKS – SUCCEED A WORK – MANAGING STRONG EMOTIONS, presented by Chris Walchuk, hosted by Care.com, Thursday, May 16, 1:00 – 2:00 p.m.

Strong emotions are inevitable. This webinar goes beyond identifying emotions to help us manage and control ourselves when all of our buttons have been pushed. We need real strategies to enable us to say and do the right thing. We will share state-of-the-art techniques that will ensure you will keep your cool.

CARING FOR YOURSELF AND CARING FOR OTHERS, THROUGH MINDFULNESS, with Greg Rebecca Wing, Monday, May 20, 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 effectively and sustainably support 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.

IMPOSTER SYNDROME: HOW TO UNDERSTAND, ACKNOWLEDGE, AND OVERCOME IT, hosted by KGA, Wednesday, May 29, 1:00 – 2:00 p.m.

Imposter Syndrome is something that most people have likely encountered in their career at some point. Learn about Imposter Syndrome, strategies to help cope with it, how you can increase your confidence within your professional life and thrive as an employee.

WHY DO I CARE SO MUCH ABOUT WHAT THEY THINK?, hosted by Learn to Live, Wednesday, May 29, 3:00 – 3:30 p.m.

Increased heart rate, sweaty palms, self-conscious thoughts, feeling isolated and lonely? Do you worry about other's judgement of you too much? You aren't alone. Break through your social anxiety and fear of other's judgement by learning evidence-based strategies to help you live more fully! **Code: HUWellbeing**



WEBINARS FOR EMPLOYEES WITH DEPENDENT CHILDREN

RAISING RESILIENT KIDS: CHILDREN'S MENTAL HEALTH IN TODAY'S WORLD, presented by Dr. Bob Franks, President and CEO of The Baker Center and faculty member at Harvard Medical School, hosted by Care.com, Wednesday, May 22, 12:00 – 1:00 p.m.

From nurturing emotional intelligence to promoting healthy coping mechanisms, we'll explore practical ways to raise mentally strong and emotionally resilient kids. Plus, we'll provide insights into recognizing signs that our children may be struggling with their mental health and offer guidance on seeking appropriate help and resources.

RAISING FUTURE READY KIDS: RESILIENCE AND GRIT, hosted by Learn to Live, Wednesday, May 15, 1:00 – 1:30 p.m. and Tuesday, May 21, 12:00 – 12:30 p.m.

Kids face challenges ranging from peer pressure to criticism and that's not going to change anytime soon. Future ready kids will need both resilience—the ability to bounce back from hard things—and grit—the ability to stick with difficult tasks. Learn to Live's clinical team shares proven strategies to help you support your kids in bouncing back from life's challenges for now and the future. **Code: HUWellbeing**

CARE TALKS – CHILDCARE & PARENTING: SUMMER CARE AND CAMP OPTIONS, presented by April Frazer, hosted by Care.com, Wednesday, May 22, 1:00 – 2:00 p.m.

Identifying quality summer care for children requires information to discern the best option. This seminar will help you assess your summer care needs, review summer care costs and give an overview of summer options for children and teens.



WEBINARS FOR EMPLOYEES WITH DEPENDENT ELDERS/OTHER ADULTS

MINDFULLY CARING FOR ELDERS, with Tara Healey, Wednesday, May 8, from 12:00 – 12:45 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 caregiving demands do not overwhelm us. Participants will also be exploring techniques focusing on self-care, thereby ensuring that their storehouses of compassion do not become depleted when needed the most.



CARE TALKS – AGING AND ADULT CARE: CAREGIVER BURNOUT: MENTAL AND EMOTIONAL HELP, presented by Sherri Snelling, hosted by Care.com, Wednesday, May 15, 1:00 – 2:00 p.m.

May is National Mental Health Month and surveys show caregivers experience more burnout and stress than the general population. This session touches upon the challenges to mental and emotional health and how to find more happiness, joy and balance in life. Tips on how to understand emotional vibrations, how to use daydreaming for building resilience, learning to let go of grief and guilt and establish boundaries that negatively impact health and wellness, understanding situational vs clinical depression. The session also includes a tool known as the Social Convoy model to create a care team for emotional support and getting a respite break.



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