



# MINDFULNESS & WELLBEING

## April 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.

**FACING AND FEELING GRIEF WITH MINDFUL AWARENESS**, with Rebecca Wing, Monday, April 1, from 12:00 – 12:45 p.m.

Losing a loved one, a job or a relationship can leave us feeling aimless, confused, and heartbroken—to the point where it becomes difficult to focus on daily needs. It is possible, however, to learn to face grief by allowing ourselves to feel it—instead of turning away. Mindfulness practice provides the steady footing needed to explore how grief shows up in our lives, and experiment with letting it go when our focus needs to be elsewhere. We will strengthen the ability to make room for difficult feelings, without becoming consumed by them. As a result, the natural process of grieving will not leave us depleted, but instead more confident in the value of all the moments of our lives.

**WHEN SUBSTANCE ABUSE BECOMES A CONCERN**, hosted by Learn to Live, Friday, April 5, 12:00 – 12:30 p.m.

Substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help. The Learn to Live Clinical Team will explore our relationship with substances, and how you can take helpful action if you or a loved one is wanting to cut back. **Code: HUWellbeing**

**REBALANCING THE MENTAL LOAD: BREAKING FREE OF BURNOUT**, presented by Ashley Brichter, Certified Fair Play Facilitator and Family Strategist, hosted by Care.com, Tuesday, April 9, 12:00 – 1:00 p.m.

Join Ashley Brichter, Certified Fair Play Facilitator and Family Strategist, for a conversation that will help you rebalance the load and break out of these patterns. You'll walk away with an action plan and strategies to navigate your personal circumstance as it relates to cultural expectations of domestic labor, weaponized incompetence, guilt, self-sabotage, and resentment. In this powerful space of collective accountability, you'll build a roadmap to help you set boundaries, improve your communication skills, and radically show up for yourself at home and at work, while dismantling the systems that keep you from thriving.

**FINANCIAL WELLNESS-OVERCOMING DEBT**, presented by Shari Carlson, hosted by Care.com, Wednesday, April 10, 1:00 – 2:00 p.m.

Carrying too much debt today can jeopardize your financial future. We will address the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.



**KGA SERVICES OVERVIEW FOR MANAGERS, hosted by KGA, Thursday, April 11, 2:00 – 2:45 p.m.**

KGA, your Employee Assistance Program, is a free and confidential benefit that provides support for employees and their family members. Additionally, we can be a valuable resource to you as a manager or supervisor. Learn how at our upcoming Program Overview for Managers

**THRIVING THROUGH TRANSITION: SIMPLE MENOPAUSE STRATEGIES, hosted by Learn to Live, Wednesday, April 24, 1:00 – 1:15 p.m.**

For many women, menopause is considered a loss... a time of uncertainty and change. Bodily sensations such as hot flashes and mood swings can be overwhelming and embarrassing. And for some women, there is a sense of sadness as their reproductive capacities come to an end. In this 15-minute webinar, we will share research-supported steps to thrive through this transition in life. **Code: HUWellbeing**

**MINDFULNESS OF PHYSICAL SENSATIONS, WORKING WITH PHYSICAL PAIN, with Greg Topakian, Wednesday, April 24, 12:00 – 12:45 p.m.**

We all experience physical pain at times in our lives. We get sick, we get injured—it happens. But what role does our mind play during these moments? Do we find ourselves resisting, blaming, becoming fearful or depressed? Mindfulness offers an alternative way. We will see what it's like when we pay greater attention to arising physical sensations, and the mental reactions which accompany them. We will engage in exercises to recognize, address, and gently transform how the mind participates in the process of pain and healing.

**THE OFFICE OF WORK/LIFE PROGRAMS AND RESOURCES OVERVIEW, presented by Karen Kelly, Thursday, April 25, 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.

**YOUR HEALTHY LIFESTYLE-EATING RIGHT ON THE RUN AND ON A BUDGET, presented by Ellen Martino, hosted by Care.com, Thursday, April 25, 1:00 – 2:00 p.m.**

We all make excuses for eating junk or fast food. We'll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

**MANAGING STRESS AND WORRY, hosted by Learn to Live, Thursday, April 25, 3:00 – 3:30 p.m.**

The Learn to Live Clinical Team will walk through concepts and exercises to help you manage the increased emotional challenges many of us are facing. You'll learn how to recognize signs of stress, take action to reduce negative emotions, restoring a feeling of calmness and improved well-being. **Code: HUWellbeing**



**WEBINARS FOR EMPLOYEES WITH DEPENDENT CHILDREN**

**TEENS AND MONEY, presented by Balance, hosted by KGA, Tuesday, April 9, 1:30 – 2:30 p.m. or Thursday, April 18, 8:30 – 9:30 p.m.**

Young adults are primed to soak in new information. It's a great time to guide them to money management techniques that can last a lifetime. Attendees will learn about managing money effectively, preparing for common upcoming bills, opening checking and savings accounts, establishing credit (and use it wisely), and looking at investing options.



**BEYOND THE BABY BLUES: HELP AND HOPE FOR POSTPARTUM DEPRESSION, hosted by Learn to Live, Wednesday, April 10, 1:00 – 1:15 p.m.**

Far too often new moms find that the time of a new baby is anything but the joyous experience they had dreamt of, but don't give up, there is hope. Research has identified powerful strategies to get past the baby blues & postpartum depression. Knowing that motherhood is a busy time, this brief webinar offers strategies for mom's struggling with postpartum depression or the baby blues to help make this stage of life more joyous. **Code: HUWellbeing**

**MINDFUL PARENTING, presented by Christine O'Shaughnessy, Friday, April 12, 9:00 – 9:45 a.m.**

Bringing mindful attention to our skills as parents increases our capacity to form strong bonds with all the members of the family. This is because the practice of mindfulness cultivates the conditions of openness and receptivity in which communication and emotional connection naturally flourish. In this workshop, participants will learn about becoming more mindful people as well as more mindful parents, able to navigate the inevitable waves of joy and frustration that accompany every parent's experience with a greater sense of ease.

**MY LITTLE BUNDLE OF WHAT IF'S: CALMING STRATEGIES FOR POSTPARTUM ANXIETY, hosted by Learn to Live, Wednesday, April 17, 1:00 – 1:15 p.m.**

Many capable and loving new moms find themselves haunted by fears, worrying - what if my baby gets sick? What if I'm doing a bad job? Postpartum anxiety is a thing. In the time it takes to just get started with a worry, the Learn to Live clinical team shares some of the most impactful strategies for finding calm during this time. **Code: HUWellbeing**

**CARE TALKS—CHILDCARE & PARENTING: TEACHING CHILDREN ABOUT MONEY, presented by Michelle Goldstein, hosted by Care.com, Wednesday, April 24, 1:00 – 2:00 p.m.**

This webinar covers how to teach children about money by looking at our own money values and how we communicate about money. We will discuss setting goals, spending, and saving strategies.



**WEBINARS FOR EMPLOYEES WITH DEPENDENT ELDERLY/OTHER ADULTS**

**CARE TALKS – AGING AND ADULT CARE: HOW TO MODIFY OUR HOMES FOR MORE SAFETY, SERENITY, AND LESS STRESS, presented by Sherri Snelling, hosted by Care.com, Wednesday, April 17, 1:00 – 2:00 p.m.**

Whether we are helping our older parents or grandparents stay at home longer - 89% of older Americans prefer to stay living in their homes as long as possible - or we are needing our homes to be our sanctuaries, this session focuses on the principles of universal design for aging and Well Home Design standards to create our dream homes. We'll take a Peter Pan house (a home built for someone who is never going to age) and go room by room showing you how to make your home or your loved one's home safe, how to address air care, green eco and sustainable design and the new trend in biophilic design to create healing spaces for a lifetime.



**THE SANDWICH GENERATION AND BEYOND: HOW TO BE A CAREGIVER WHILE TAKING CARE OF YOURSELF,**  
**presented by Katherine McHugh, hosted by KGA, Wednesday, April 17, 1:00 – 2:00 p.m.**

Are you taking care of any or all of the following: children, parents, grandparents, other family members, friends, pets? Are you doing this while simultaneously working and trying to care for yourself? This hour is for you. The Sandwich Generation refers to feeling “caught in the middle” of caretaking responsibilities across generations. Often, we are kind and giving to others while we push ourselves beyond our own limits. Indeed, well-meaning friends and relatives often tell you to take good care, but no one actually tells you how to do that! With the myriad of activities that we do in service of others, let’s learn how to find support and time for ourselves. Join us to discover practical tools and life-giving skills as caregivers across the life span. In this session, we broaden the term “sandwich generation” to include all of us who feel pulled in many directions.



**[CLICK HERE FOR THE FREE TEN PERCENT HAPPIER APP](#)**

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