Balancing Work, Home and the Pandemic - We are learning now, more than ever, that we are connected to one another in inextricable ways. The focus of this group session will be on the challenges of integrating responsibilities of work, relationships, and taking care of yourself, overlayed by the pandemic's emotional impact on everyone. We will identify principles and tools for dealing with handling time and emotional needs of families and work in a way that does not leave you exhausted and depleted. Join us on November 10, 1:00 PM. Register here.

Finding Connection and Creating Community - COVID-19 has altered all our lives in significant ways. Most people are unaccustomed to staying home and being away from family, friends, and coworkers for an extended amount of time. You may feel lost as to how to occupy yourself during such times of solitude and cope with the myriad of thoughts and feelings that can accompany the ongoing uncertainty. In this virtual group session, we will identify strategies for coping and provide a forum for you to ask questions or share strategies that you have found helpful. The group also provides the opportunity to reinforce that you are not alone, but part of a community during these uncertain times. Join us on November 12, 12:00 PM. Register here.

Staying Resilient While Facing Uncertainty – How can we take care of ourselves and continue living and working in the midst of dealing with uncertainty and anxiety? As the impacts of COVID-19 continue to unfold, we are forced to adapt to significant change on a daily basis. Dealing with this level of uncertainty and change can strain our usual strategies for coping, causing increased worry and anxiety. In this group session, we will explore tools and resources for coping and learn how the EAP can be a supportive partner for moving through this extraordinary time. Join us on November 20, 1:00 PM. Register here.

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