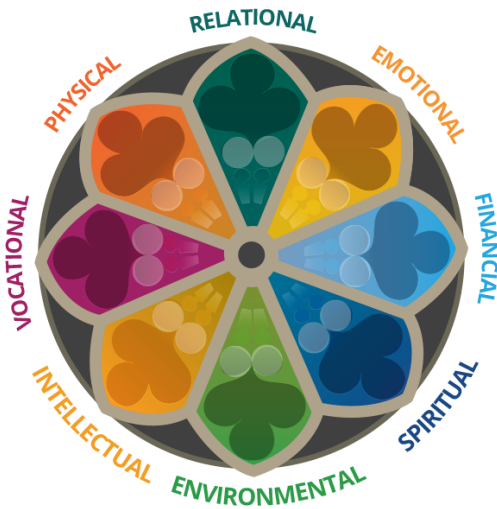


GSD Staff News

Community and Wellness Resources



Mindfulness at Work

Mindfulness at Work is a series of courses and programs for Harvard employees that range from one-hour introductions to topic-focused sessions and in-depth multi-week courses. Some of the current courses being offered are:

- Mindful Movement: Yoga for the Office
- Introduction to Mindfulness
- Mindful Parenting
- Mindful Caring for Elders
- Mindfulness and Compassion
- Mindful Eating
- Mindfulness and Emotional Intelligence
- Managing Daily Stress
- 10% Happier

View the Work/Life calendar [here](#). For more information about these programs visit hr.harvard.edu/mindfulness

CWD Courses

CWD is offering live workshops led by CWD instructors via Zoom in May and June, as well as on-demand online programs. See their [flyer](#) for class schedule and details.

Harvard Archives

Help the Harvard University Archives document the COVID-19 pandemic and build a Community Archive by contributing your own experiences. Learn more and contribute [here](#).

Colleagues in Kitchens Getting Coffee

The GSD Staff and Community Committee is looking for volunteers to host the next episode of Colleagues in Kitchens Getting Coffee! Please email Lindsey and Shiona with your interest so they can pair you with a colleague you've yet to meet or with whom you've yet to have a coffee conversation.

How To Be Happy During COVID-19

Social distancing and being forced to work remotely due to the coronavirus has us feeling a range of emotions every day. HBS Senior Fellow Arthur Brooks shares tips to help you remain positive during such uncertain times. Learn more [here](#).

Best Practices for Managers: Supporting Working Parents

- Try to get a sense of what your staff are facing. Each situation is different.
- Prioritize work – both short term and long term work. Identify three to four things that matter most now.
- Set expectations for working hours and availability based on individual needs and business needs
- Judge employees on outcomes, not the hours they put in.
- Ask your staff how best you can support them. Continue to ask this question as the situation evolves. Needs and situations may change over time.

Source: [bloomberg.com/opinion/articles/2020-04-20/how-employers-can-manage-working-parents-during-coronavirus](https://www.bloomberg.com/opinion/articles/2020-04-20/how-employers-can-manage-working-parents-during-coronavirus)

Emotional and Behavioral Health During COVID-19 From Blue Cross Blue Shield

The uncertainty of COVID-19 may cause stress and anxiety. BCBS is here to support you, and wants to help you stay well. Please join Senior Medical Director, Dr. Ken Duckworth, and Associate Medical Director, Dr. Greg Harris for a conversation on May 12 at 6:30pm about the complexities of behavioral health during a crisis, and the resources available to you, such as expanded access to telehealth services for medical and behavioral health care needs. Click [here](#) to learn more and register.

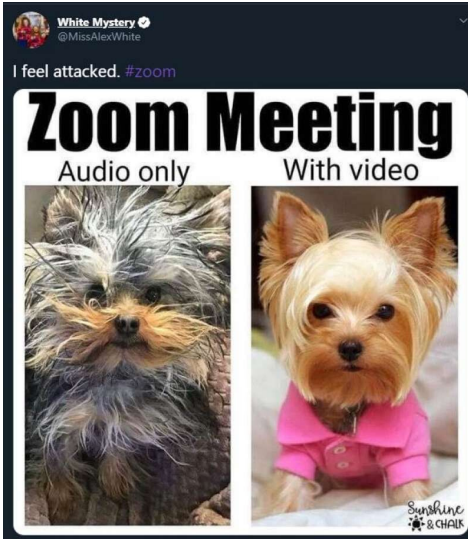
Managing Daily Stresses: A Mindful Approach to Work

Wednesday, May 13th 11:30 – 12:30 pm | Enroll [here](#)

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 regular mindfulness practice can enable them to respond to stressful situations in a calm, clear, and thoughtful manner.

Computer Resources Group: How to Look and Sound Your Best During Video Calls

In our new virtual world, we are more frequently engaged in video calls. Presenting with good audio, professional backgrounds and good lighting will enhance the quality of our communications. Here are some considerations to help you make a strong virtual presence.



Lighting: Good lighting can greatly enhance the quality of your video call. As with photography, it's always better to have the light source in front of you. Bright lighting coming from the side or from behind you, will cast shadows on your face.

Audio: Know where your mic is located and talk toward it, not away from it. Shifting around in your chair or looking down at your notes while you are talking will force your remote colleagues to hear rising and falling volume levels. Headphones allow better freedom of movement; they can also prevent feedback loops which occurs when your mic picks up sound coming from your speaker.

Backgrounds: Contrast is something you can try to leverage. Ideally, the subject (you) should stand out from the background. A busy background makes it harder for your colleagues to focus. When using a virtual background use something subtle with good color contrast so you can remain the focus.

Restorative Yoga



Instructor: Andrea Heller | Thursday, May 14th
7:00 pm - 8:00 pm | Zoom | Register [Here](#)

Hosted by Center for Wellness and Health Promotion. Reset the body and the mind with this class designed to help you unwind from your day and settle down for a restful sleep. Join us for an hour of slow movement, gentle stretching, supported restorative poses, and an extended savasana with guided relaxation.

Three potential futures for Covid-19

As epidemiologists attempt to scope out what Covid-19 has in store for the U.S. this summer and beyond, they see several potential futures, differing by how often and how severely the no-longer-new coronavirus continues to wallop humankind. Recurring small outbreaks, a monster wave, or a persistent crisis? Read more [here](#).

Why the Coronavirus Is So Confusing

The confusion partly arises from the pandemic's scale and pace. How long must social restrictions go on for? Why are so many questions still unanswered? [Here's](#) a guide to making sense of a problem that is now too big for any one person to fully comprehend

Podcasts for Kids

[Here's](#) a list of great shows from stories, educational, meditation, and music to keep kids ages 2 through 6, and their caretakers, occupied.



Managing Human Experience

Covid-19 and the welcome collapse of "professionalism." Organizations are now grappling with the gravitational pull of shared anxiety; most employers see managing staff unease as their biggest challenge during the coronavirus crisis.



NPR's Book Concierge

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