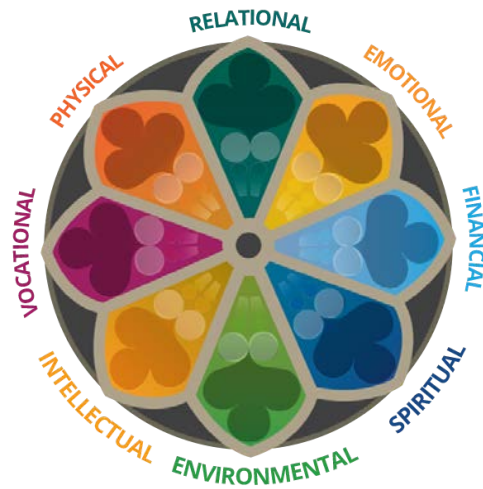


GSD Staff News

Community and Wellness Resources



Minneapolis Affects Us All

The events of the last week are heartbreaking and we want to echo Dean Whiting’s [words](#) where she asks us to “...recognize and acknowledge the injustices that remain so persistent and so ingrained across our globe...” President Bacow’s [statement](#) challenges us to reflect on our beliefs and take action. Below are some resources if you are interested in learning more.

- This [Anti-racism resources for white people](#) Google doc, this spreadsheet of [Anti-Oppression Resources](#), and this [Shareable Anti-Racism Resource Guide](#) all have a wealth of resources for both adults and children in their anti-racism journey.
- Book recommendations:
 - [What It Means To Be White](#) by Robin DiAngelo
 - [How to be an Antiracist](#) by Ibram X. Kendi
 - [Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor](#) by Layla Saad and Robin DiAngelo
 - [Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race](#) by Beverly Daniel Tatum

For mental health support at any time contact KGA at: 877-EAP-HARV (327-4278), text/chat us at My.KGALifeServices.com (company code: harvard), or info@kgreer.com. For easy access, download our app, KGA Mobile, in the Apple or Google Play stores.

Harvard COVID-19 Employee Emergency Relief Fund

The Harvard COVID-19 Employee Emergency Relief Fund was established to support members of the Harvard University community who are experiencing unanticipated or emergency situations due to the COVID-19 pandemic.

Prior to applying, please be sure to familiarize yourself with the eligibility and application information [here](#).

Please visit the Harvard Human Resources website for further details and to apply for relief funds. Applications will be accepted on a rolling basis.

Any questions about Fund eligibility, awards, or donations please email vphr@harvard.edu.

EAP webinar for Staff: Staying Resilient While Facing Uncertainty, Grief, and Anxiety

Wednesday , June 3 from 10 - 11 am

How can we take care of ourselves and continue living and working in the midst of dealing with uncertainty, grief, and anxiety? As the impacts of COVID-19 continue to unfold, we’re 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 Harvard’s EAP can be a supportive partner for moving through this extraordinary time for this meeting here

Register in advance for this meeting [here](#). After registering, you will receive a confirmation email containing information about joining the meeting.

Resilience, Recovery, and Renewal

A new University-wide initiative for our employees has been created by HR and the Center for Workplace Development, entitled Resilience, Recovery and Renewal. This initiative aims to support all employees (individual contributors, managers, administrative and faculty leaders) through the COVID-19- related impact to our work, as we all learn how to respond, re-engage, and emerge stronger as individuals and an organization. Training, consulting, coaching, tip sheets and tool kits will be provided as resources towards this goal. The three phases of this initiative are:

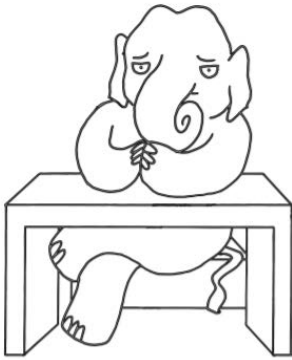
1. **Resilience:** responding well to disruptive change.
2. **Recovery:** overcoming challenges, experimenting with new approaches, and regaining productivity.
3. **Renewal:** applying learnings, innovating, and emerging stronger.

Updates to manager and staff supports for all three phases will be communicated as they become available and can be found on our [Mission and Offerings Page](#) on the HR website.



Crimson Kitchen: Free Cooking Classes

Have time to cook and a kitchen at your disposal? Let HUDS Chefs and Registered Dietitian will walk you through some basic kitchen skills and nutrition information to level up your culinary confidence. Learn and practice techniques using simple recipes that will make you more comfortable in the kitchen. Sign up for classes individually or take them all [here](#)!



Why the Elephant?

Wisdom, moderation, community, and patience are just a few of the words associated with the elephant. These same qualities can be strengthened through the practice of mindfulness.

Mindfulness Resources

In times of uncertainty, [Harvard Pilgrim’s mindfulness program](#) is offering the communities they serve a sense of stability with programming designed especially for the public. (You do not have to be a member of Harvard Pilgrim to access these resources.) Harvard Pilgrim is offering mindfulness resources that include the following:

- Weekly mini meditations on Tuesdays and Fridays
- Mindfulness for chronic pain
- Introduction to mindfulness courses
- Mindfulness training, workshops, and webinars
- Mindful moment for the workplace
- Meditation hotline that brings you bite-sized moments of mindfulness - available 24/7 from your phone at (877) 589-6736
- Local mindfulness centers and resources
- Recommendations for mindfulness books and apps

Read more and access these mindfulness resources [here](#).

Are you Feeling Emotionally Exhausted during the Pandemic? You May Be Experiencing Burnout

The term “burnout” is a relatively new term, first coined in 1974 by Herbert Freudenberger. He defined burnout as the state of “becoming exhausted by making excessive demands on energy, strength, or resources.” Even though burnout is not a mental health diagnosis, the term has been widely studied. It has traditionally been used to describe a reaction to prolonged work stress. Loss and uncertainty are painful experiences. We can absorb only so much pain before burnout takes over. Though painful, our best option is to find healthy ways to cope. Here are some strategies to combat burnout:

- Express your Feelings
- Keep Daily Structure
- Practice Self-Care
- Limit Media Consumption

Read more and access resources [here](#).

Clover Food Lab



Do you miss Clover? Me too! Well, the founder Ayr announced that Clover Food Labs will be open once again. Read more about Clover's reopening plan [here](#). In the meantime, you can make Clover inspired food at home. Learn more at [In Ayr's Kitchen](#) YouTube channel.

Boston Day Trips You Can Take Without Leaving Your Car



Massachusetts may have begun the slow process of reopening, but not everyone is ready to roll out the beach blanket just yet. Those who prefer to steer clear of summertime crowds for now can always just fire up the GPS, pack a few snacks from home, and try one of these scenic drives, all within an hour from Boston.

- Windmill Point, Hull
- Concord via Battle Road Historic Byway
- Wachusett Dam, Clinton
- Rockport via Essex Scenic Coastal Byway

For directions to the scenic routes view [here](#).



For as long as schools are closed, Audible is open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet. Start listening [here](#).