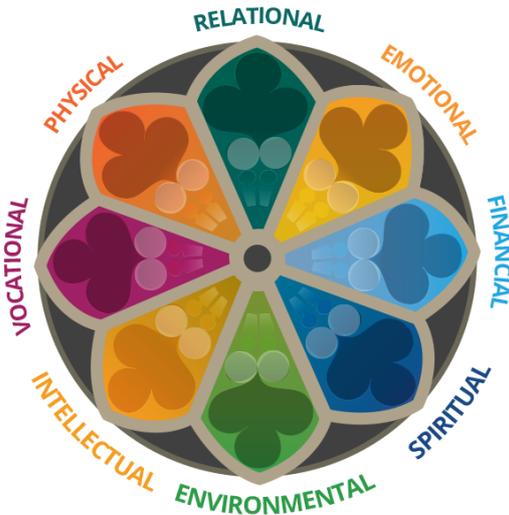


# GSD Staff News

## Community and Wellness Resources



### Wellbeing Framework

Wellbeing is a dynamic and fluid continuum influenced by many interconnected dimensions. The challenge each of us experience is finding the balance that works throughout the many seasons of our lives. Key ingredients are appreciating the eight dimensions of wellbeing, knowing what works for you, and living with compassion and a sense of humor.

**Mindfulness** can be defined as paying attention to the present moment with openness, curiosity, and acceptance. Mindfulness in every day experiences is best strengthened and supported by a regular meditation practice. This practice invites us to slow down, breathe and observe our inner experience. We invite you to sample a variety of our mindfulness and meditation offerings that can support you in exploring and developing a regular practice.

Visit: [wellness.huhs.harvard.edu/wellbeing-framework](https://wellness.huhs.harvard.edu/wellbeing-framework)

### Tips & Resources for Working Remotely

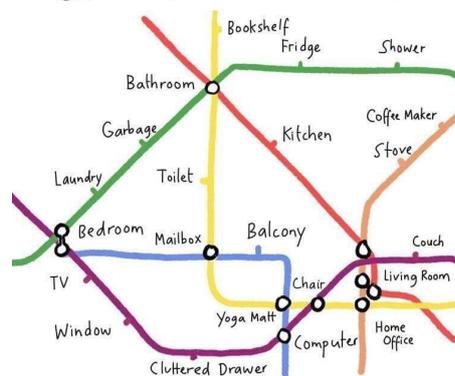
Below you will find the latest resources and ideas to assist you with working remotely. Please utilize the advice Dean Whiting shared in her email last week. Specifically, talk to your manager. We are all aware that everyone has different individual pressures and challenges. We are also aware that we are all suddenly being asked to get our work done using different tools and with different questions. Your manager will work with you to help ensure an individual approach that works for you and your team. Here are a few tips for online meetings:

[Tips for participating in remote calls](#)

[Tips for leading a meeting with remote participants](#)

### Do's and Don't's During Stay at Home Advisory

#### COMMUTING IN CORONA TIMES



**Do:** Wash your hands often

**Don't:** High five your postman

**Do:** Take walks and exercise regularly

**Don't:** Touch your face, or anyone else's

**Do:** Practice social distancing

**Don't:** Attend large gatherings including weddings, parties, or Woodstock

Your commute from bookshelf to bedroom may have fewer steps than traveling from home to office. Below are resources that offer free exercise classes and tips for staying healthy.

#### Harvard Recreation Live Virtual Workouts:

[recreation.gocrimson.com/fitness/Virtual\\_Workouts](https://recreation.gocrimson.com/fitness/Virtual_Workouts)

**How to boost your immune system:** [health.harvard.edu/staying-healthy/how-to-boost-your-immune-system](https://health.harvard.edu/staying-healthy/how-to-boost-your-immune-system)

### Who's Who? Who's New?

**Pauline Barr**, Program Manager, Executive Education | [pbarr@gsd.harvard.edu](mailto:pbarr@gsd.harvard.edu)

**Ngan Nguyen**, Program Manager, Executive Education | [nguyen@gsd.harvard.edu](mailto:nguyen@gsd.harvard.edu)

**Seonseray Oates**, Student Services Assistant | [soates@gsd.harvard.edu](mailto:soates@gsd.harvard.edu)

### Mindfulness Phone

This Harvard telephone line provides three- and four-minute guided meditations for you to access anytime, anywhere.

Pause 4-calm | 617-384-2256

[wellness.huhs.harvard.edu/Mindfulness](https://wellness.huhs.harvard.edu/Mindfulness)

### Online Guided Meditations

Center for Wellness and Health Promotion offers **five** mindful guided meditations. Visit the link below to enjoy the guided relaxation meditations.

[wellness.huhs.harvard.edu/relaxation-room](https://wellness.huhs.harvard.edu/relaxation-room)

### HUHS is Here to Help

If you are concerned that you may have been exposed to COVID-19, please review and follow HUHS' [guidance on whether you should self-isolate/quarantine](#). Email HUHS at [healthservices@huhs.harvard.edu](mailto:healthservices@huhs.harvard.edu) if you need further advice or have symptoms.

## Recipes from the GSD

Please enjoy this recipe from prior GSD bake off winner, Lindsey Cimochoowski! If you'd like to submit your own recipe for an upcoming newsletter email entries to [mmuliro@gsd.harvard.edu](mailto:mmuliro@gsd.harvard.edu)

### NYT Chocolate Chip Cookies

2 cups minus 2 tablespoons (8 1/2 ounces) cake flour	2 large eggs
1 2/3 cups (8 1/2 ounces) bread flour	2 teaspoons natural vanilla extract
1 1/4 teaspoons baking soda	1 1/4 pounds bittersweet chocolate disks or fèves, at least 60 percent cacao
1 1/2 teaspoons baking powder	content (Ghiardhelli makes some you can find in most grocery stores, and I use
1 1/2 teaspoons coarse salt	2 bags of them because I love dark chocolate)
2 1/2 sticks (1 1/4 cups) unsalted butter	Sea salt
1 1/4 cups (10 ounces) light brown sugar	
1 cup plus 2 tablespoons (8 ounces) granulated sugar	

- Sift flours, baking soda, baking powder and salt into a bowl.
- Using a mixer fitted with paddle attachment, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Add in the vanilla. Reduce speed to low, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and incorporate them without breaking them (I tend to use a spatula and some good old fashioned elbow grease). Press plastic wrap against dough and refrigerate for 24 to 36 hours.\* Dough may be used in batches, and can be refrigerated for up to 72 hours.\*\*
- When ready to bake, preheat oven to 350 degrees. Line a baking sheet with parchment paper or a nonstick baking mat (with parchment they seem to stay thicker, with a silicone baking mat they seem to spread out a bit more). Set aside.
- Scoop dough about the size of generous golf balls onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie. Sprinkle lightly with sea salt and bake until golden brown but still soft, 13 to 15 minutes, depending on your oven (original recipe called for longer, mine would have been burned). Transfer sheet to a wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated, for baking remaining batches the next day. Eat warm, as they are DELICIOUS then.

\*\*Alternative method (and my go to for the past few years) – after making the dough, scoop out individual cookies onto a parchment lined baking sheet and put them immediately into the freezer. Once they are frozen you can then put them all into a Tupperware or Ziploc bag and bake off in smaller batches. Bake immediately from the freezer, no need to thaw. When baking also make sure to sprinkle with sea salt before putting them into the oven.

## Book Recommendations

### [Tiny Habits: The Small Changes that Change Everything](#)

by BJ Fogg

The content in this book is practical, immediately applicable and most importantly brand new. Tiny Habits is not just a summary of existing methods. Each chapter shares breakthrough insights and simple steps you can take to improve your life. All this is based on Dr. Fogg's groundbreaking research in Behavior Design.

### [How to Do Nothing: Resisting the Attention Economy](#)

by Jenny Odell

Odell suggests that she has done this, semi-successfully, by striking a stance of public refusal and by retraining her attention to focus on her surroundings. She argues that because the internet strips us of our sense of place and time, we can counter its force by resituating ourselves within our physical environment, by becoming closer to the natural world. – (New York Times, Book Review)

## Outings & Innings

It's a tough time for the live entertainment community, but many are working hard and creatively to provide digital resources. Many venues are opening up their archives and creating new material to bolster your spirits through these unusual times.

Visit O&I's new Hidden Gems page for links to discounts and freebies, like streaming videos of the Met, theater & more at: [outingsandinnings.harvard.edu](http://outingsandinnings.harvard.edu)

## Coronavirus Resource Center

Harvard Health Publishing Coronavirus Resource Center has created a comprehensive page to answer the many questions we all have about the rapid spread of the virus that causes COVID-19. This page includes information about coronavirus and COVID-19, Living Better, Living Longer podcast, links, facts, and space for you to ask questions. And they will be adding new questions and updating answers as reliable information becomes available. Visit: [health.harvard.edu/diseases-and-conditions/coronavirus-resource-center](http://health.harvard.edu/diseases-and-conditions/coronavirus-resource-center)