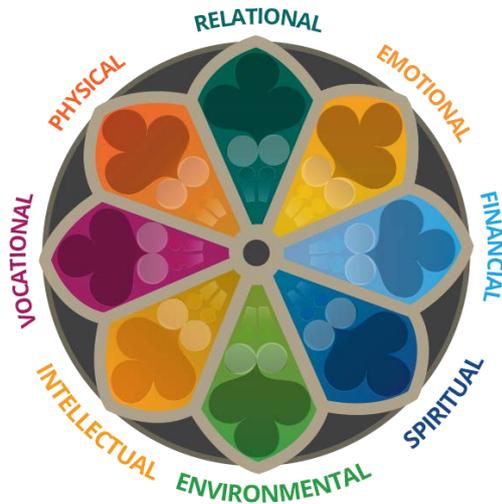


GSD Staff News

Community and Wellness Resources



Emotional Wellbeing

Emotional wellbeing involves recognition and acceptance of all of your thoughts and feelings, whether positive or negative. Staying in tune with your emotions is critical to maintaining balance and resiliency. Emotional health will enable you to cope with stress, work productively, and recognize your true potential.

Foster your Emotional Wellbeing:

- Take time to yourself to quiet your mind and reflect
- Get involved in extracurricular activities
- Share your thoughts and feelings with someone you trust, and listen to others' emotions too
- Take care of your body. Eat well, exercise, and sleep – your mental & physical health are all interconnected
- Laugh! Don't take life so seriously. Sometimes humor is the best medicine to decrease stress and put life's challenges in perspective
- Be kind to yourself. We are our own harshest critics. Liberate yourself from unnecessary self-judgement by practicing self-compassion. Create your own affirmation!

Learn more about emotional wellbeing [here](#).

Applause Award

The GSD Reward and Recognition Committee is now accepting Applause Award nominations for **May**. Please complete this [form](#) and email it to Lisa Plosker by **May 31st** to nominate a staff member who you feel deserves special recognition for their work here at the Graduate School of Design!

The Reward and Recognition Committee is made up of the most recent recipients of the annual GSD Dean's Award for Employee Excellence, and an ex-officio from human resources. Please note that present and past committee members are not eligible for the Applause Award as well as staff who have received the Applause Award within the past 2 years. Staff must also be employed with the GSD for 1 year – please check with HR on hiring dates.

To view our past winners of both the Dean's Award and the Applause Award, please visit: gsd.harvard.edu/resources/staff-awards-recognition/



KGA has assembled sources of information about COVID-19. Videos on, Managing and Supporting Others Who are Grieving, Grief in the Time of COVID, and Worry and Anxiety During the Age of Coronavirus. View and learn more [here](#).

Hutchins Center

The Hutchins Center for African & African American Research at Harvard University supports research on the history and culture of people of African descent the world over and provides a forum for collaboration and the ongoing exchange of ideas. Watch their Webcasts and archive of events on [YouTube](#).



Musing on the Impact of COVID and on Being LGBTQ a brief presentation and discussion led by Marshall Forstein, MD for the LGBTQ+ community of Harvard Medical School and its affiliates. Recorded on April 22, 2020. Listen [here](#).

Homes for Health: COVID-19 Harvard T.H. Chan School of Public Health

[Here](#) are quick guides with simple steps that people can take to make each area of their home healthier. Each room guide contains a few recommendations and five expert tips that readers can use to employ healthier tactics in their household.



TEN
PERCENT
HAPPIER

**Ten Percent
Happier App
for Staff**

We are very pleased to announce that as part of the GSD community, you are eligible to sign up for a free membership to the Ten Percent Happier mindfulness app in advance of the full rollout. Although this project has been under development for some time, the coronavirus crisis has made the rollout of this mindfulness tool all the more welcome now. The Ten Percent Happier app will be formally introduced to all benefits-eligible staff and faculty with a rollout by school starting June 1st.

Beginning today, GSD staff will have unlimited access to the app's over 350 guided meditations, talks, daily features – even personal coaches. Whether you are an experienced mindfulness practitioner or a curious skeptic, we hope that you will take a look at the app and try it for yourself. Refer to the [flyer](#) for links to the registration instructions and the FAQ. If you have questions, please reach out to worklifeharvard.edu.

Homemade Black Bean Burgers

Recipe by chef Matthew Jennings. These are delicious gluten free black bean burgers that serves 6 with leftovers. View recipe [here](#).

Ingredients

3 Cups black beans, soaked overnight & simmered until fork/tooth tender.
2 small onions, caramelized well in 2 teaspoons olive oil & 1 Tablespoon of unsalted butter
1/4 cup olive oil, set aside
3 cloves garlic, minced
1 Tablespoon coriander, ground
1 Tablespoon cumin, ground
2 teaspoons garlic powder or granulated garlic



1/2 Cups ground seeds your choice- I like sunflower
1 teaspoon chili flakes
2 Tablespoons whole grain mustard or dijon
1/2 Cup raw almond flour
1 Cup gluten free quick oats
2 Tablespoons dark miso- I like barley
1 Cup chopped ramp tops/ scallions/chives
Kosher salt & freshly cracked black pepper to taste

Procedure

1. Strain beans while still warm. In pan/pot w/the caramelized onions, add the 1/4 cup olive oil & warm up on low heat.
2. While pot with onions is heating up, add drained beans to a tabletop stationary mixer w/the paddle attachment. Turn on low to break up beans. You will need to stop periodically & scrape down the sides/paddle to incorporate. Mix well but do not over mix so that it becomes a paste. Turn mixer off.
3. To warm onion pot, add spices & ground seeds of choice. Cook for minute to two minutes, on low heat, stirring constantly so it doesn't burn. It should almost begin to look like a praline.
4. Turn off pot & while still warm/hot, add it carefully to bean mixture in mixer. Turn on LOW speed & incorporate these ingredients into beans. Repeat scraping as necessary.
5. To bean mixture in mixer bowl, add mustard, almond flour, oats, miso & ramp tops in batches to completely incorporate on LOW speed until thick, coarse mixture is achieved. The beans should be broken up but there should be some whole beans interspersed as well. It should look rustic & be sticky to the touch.
6. Season to taste. Cool mixture.
7. Portion w/ice cream scoop. Form in patties. Pan sear. Finish in oven. Works great on HOT grill too!

Should I Adopt A Dog During The Coronavirus Crisis?

If you're thinking this might be a good time to adopt a dog, you're not the only one. Dog adoptions are up now that people are spending more time at home. Before you get in over your head, here are some things to consider before adopting a coronavirus dog. The Life Kit folks produced a video to help you weigh the pros and cons, including costs, training and how to adjust your pooch to post-pandemic life. Click [here](#) to learn more.

Oh, Hello: the P'dcast



Need a good laugh? Nick Kroll and John Mulaney's semi-lovable pair of elderly Manhattanites, Gil Faizon and George St. Geegland have done it all. Sketches, Broadway and now, inevitably, a podcast. [Oh, Hello: The P'dcast](#) is a sly, deeply knowing satire of various podcasts and podcast formats, week by week. Listen [here](#) or wherever you listen to podcasts.

Zero-Waste Chef



For many of us new home bakers and chefs, you've definitely noticed that nearly everyone you know is suddenly baking their own homemade sourdough bread. Anne-Marie Bonneau, who started her blog Zero-Waste Chef in 2014 lives plastic and waste free. She is your go-to guru on sourdough starter, kobumcha making during quarantine. Learn more about living Zero-Waste and sourdough making [here](#).

LIVE AT HOME

The New York Times Events

The coronavirus has transformed nearly every aspect of daily life, but Times journalists are here to keep you informed and connected from home. NYT is offering free virtual events on cooking, real estate, book reviews, parenting, and more. Sign up for the latest event updates [here](#).