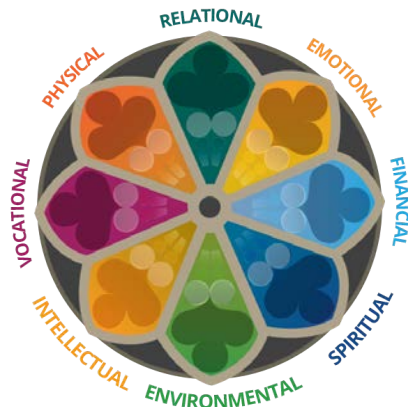


# GSD Staff News

## Community and Wellness Resources



### CWD: Resilience, Recovery, and Renewal

The RRR initiative aims to support all employees 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. Register courses in the [training portal](#).

#### Optimism - Wednesday, August 12th

In this 2-hour workshop, you will learn the definition of optimism, and its undeniable connection to resiliency. In fact, social scientists consider optimism, to be the engine of resiliency.

#### Mental Agility - Wednesday, August 19th or August 26th

In this 2-hour workshop, you will learn what mental agility is, and how your ability to be flexible in your thinking supports resiliency. This is especially true in times of fatigue, stress, and ambiguity.

#### Managing Engagement and Burnout in the COVID Era - Wednesday, August 19th

This 1-hour workshop, will explore practices for keeping oneself and one's staff engaged and contributing to team priorities in a way that takes into account their unique circumstances and stressors that may be at play during this time.

### Back-to-school 2020 resource guide for parents & caregivers

The back-to-school 2020 season is looking very different for families and caregivers, due to the COVID-19 pandemic. Care.com put together resources to help you wade through many of the newly complicated scenarios. View resources [here](#).

### HBR Readers on Juggling Work and Kids... in a Pandemic

Harvard Business Review reached out to working parents on HBR's LinkedIn Group and asked them to share advice about how they're getting things done in these impossible circumstances. Great ideas flowed in by hundreds from around the globe, and we've collected 18 of our favorites [here](#).

### Recognizing and Easing the Physical Symptoms of Anxiety

This article shares simple strategies that can reduce headaches, upset stomach, and shortness of breath that may be triggered by emotional stress. Read more [here](#).

### Daily Guided Meditations Center for Wellness & Health Promotion

Join us for a drop-in meditation!  
No experience necessary.

[Daily Zoom Meditation](#)

Monday - Friday, 12:15 pm -  
12:45 pm EDT

Password: meditate



### Diversity, Inclusion & Belonging Anti-Racist Resources

[To be an ally is to be an active agent of change.](#) This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systematic change. In the words of author Ibram X Kendi, "No one becomes 'not racist,' despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis."

#### ACTION

- Write to your city or town government representative to replace Columbus Day with Indigenous People's Day like [these cities](#) did.
- Donate to Standing Rock through the [Standing Rock Sioux Tribe](#).

#### FOLLOW

- [Brown Girls Doc Mafia](#) - We advocate for women & non-binary filmmakers of color in the documentary industry from around the world.
- [Black Hospitality Coalition](#) - A group of concerned black entrepreneurs committed to securing the future of Boston's Black owned bars & restaurants.

#### LISTEN

- [The Appeal](#), a podcast on criminal justice reform hosted by Adam Johnson
- [Justice In America](#), a podcast by Josie Duffy Rice and Clint Smith on criminal justice reform

#### WATCH

- These [26 New York Times mini-films](#) for students
- [Blindspotting](#) - Longtime friends and collaborators, Daveed Diggs and Rafael Casal co-wrote and star in this timely and wildly entertaining story about friendship and the intersection of race and class set against the backdrop of Oakland.

#### READ

- [Stamped From the Beginning: The Definitive History of Racist Ideas in America](#) by Kendi, Ibram X
- [Between the World and Me](#) by Ta-Nehisi Coates

#### CONVERSATION

Questions you can ask a round the dinner table

- [Have you ever been in a room](#) where nobody looked like you?
- [When did you become aware](#) of the construct of race?
- [How has your whiteness helped](#) you succeed financially?