

GSD Staff News

Community and Wellness Resources



Thank you!



In appreciation for all that you do, we are offering each staff member a complimentary pie through Community Servings this year in lieu of our annual thank you event in Piper. Don't forget to redeem your pie. Check your emails for a message from Community Servings (webmaster@servings.org).



Applause Award

The GSD Reward and Recognition committee is now accepting Applause Award nominations for **October**. Please complete this [form](#) and email it to Lisa Plosker by **November 10th** 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/.

Community Resources During Election Season

For many in our community, increased stress and anxiety have appeared along with the rising impact of COVID-19, uncertainties surrounding the coming election, and heightened public dialogue on a range of issues relating to social and racial justice. With that in mind, we want to share information on resources to support staff leading up to and after next week's presidential election.

Voting Information | [Harvard Votes Challenge](#)

KGA Election Resources

KGA has added a webpage [Managing the Stress of Politics](#). The link to the page is on a banner at the top of the [KGA home page](#). They have written a document [Coping with Political Stress](#), which is available on the website and attached. They also have a 20-minute [video](#) featuring Mary Kimmel on coping with election stress.

- KGA Supporting Document - [Coping With Political Stress](#)
- KGA Supporting Video - [Coping With Election Stress](#)
- For Leadership - [Don't Let Election Passions Roil Your Workplace](#)

Harvard University Community Spaces for Affinity Groups

Weekdays, 5-6pm ET | [Register for Community Spaces](#)

- November 5 - All Harvard Community Members

GSD Diversity, Inclusion, and Belonging (DIB) Office Hours

[Naisha Bradley](#), Assistant Dean of Diversity, Inclusion, and Belonging

[Esther Chong Weathers](#), Assistant Director of Diversity, Inclusion, and Belonging

GSD Community Town Hall

Wednesday, November 4 @ 7pm ET | [Zoom details forthcoming](#)

A chance for us to come together as a school, led by Dean Sarah Whiting.

Riding the Waves While Waiting: Tools For Election Related Stress

As we all wait for the outcome of this important election, our thoughts can either serve to settle us or agitate us further. You will learn practical techniques from both modern psychological research and ancient wisdom practices to help you get through the next 24 hours, and support your ability to ride the waves of change and uncertainty in the future.

Join Dr. Ron Siegel on Tuesday, November 3, 3:00 - 3:45 PM [Register here](#).

Commemoration to Honor the Lives Lost to COVID-19

In light of the innumerable losses that members of our Harvard community and beyond have experienced since the start of the pandemic, our hope is that this commemoration can be a moment to mark the ongoing tragedy and to honor those who have passed away. On Sunday, November 1 at 12:15 pm, we will ring the bells of Memorial Church 22 times, each toll of the bell representing over 10,000 people in the United States and over 50,000 people worldwide who have lost their lives to COVID-19. **The commemoration, with remarks from President Lawrence Bacow and campus religious leaders, will be available to view at memorialchurch.harvard.edu and on the Memorial Church [YouTube page](#).**

We invite all members of the Harvard community to participate in this commemoration by sharing names and photographs of loved ones who have lost their lives to COVID-19. Names and photos collected through this [form](#) will be shared virtually as part of the commemoration on November 1, and afterward online. If you have any questions, please reach out to Rachel Leiken at Rachel_leiken@harvard.edu.

Mindfully Managing Uncertainty

Wednesday, November 4, 10 a.m. – 11 a.m. | Register [here](#)

If there's one thing we know to be true, it's that things in life are never certain—or at least never as certain as we'd like them to be. And while we can typically handle uncertainty when it comes along in small doses, exceptionally disruptive events can leave us feeling isolated, anxious, and overwhelmed. This program, begins with an exploration of the basic principles and practices of mindfulness. Using techniques of mindfulness, participants will learn to effectively examine and regulate fast-moving streams of information from without—such as news reports, work demands, and our interactions with others—as well as equally fast-moving streams of information from within, such as our own thoughts, feelings, worries, and hopes. In doing so, we will establish an attitude of ease and stability, even in the most uncertain times. Register [here](#).



Wellbeing Seminars November 2020

Balancing Work, Home and the Pandemic – We are learning now, more than ever, that we are connected to one another in inextricable ways. The focus of this group session will be on the challenges of intergrating responsibilities of work, relationships, and taking care of yourself, overlaid by the pandemic's emotional impact on everyone. We will identify principles and tools for dealing with handling time and emotional needs of families and work in a way that does not leave you exhausted and depleted. Join us on November 10, 1:00 PM. Register [here](#).

Finding Connection and Creating Community– COVID-19 has altered all our lives in significant ways. Most people are unaccustomed to staying home and being away from family, friends, and coworkers for an extended amount of time. You may feel lost as to how to occupy yourself during such times of solitude and cope with the myriad of thoughts and feelings that can accompany the ongoing uncertainty. In this virtual group session, we will identify strategies for coping and provide a forum for you to ask questions or share strategies that you have found helpful. The group also provides the opportunity to reinforce that you are not alone, but part of a community during these uncertain times. Join us on November 12, 12:00 PM. Register [here](#).

Staying Resilient While Facing Uncertainty– How can we take care of ourselves and continue living and working in the midst of dealing with uncertainty and anxiety? As the impacts of COVID-19 continue to unfold, we are 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 the EAP can be a supportive partner for moving through this extraordinary time. Join us on November 20, 1:00 PM. Register [here](#).

Join Us!

This is an invitation to those within the Harvard community who identify as multiracial. The purpose of these discussions is to provide a safe space to connect with other multiracial faculty, staff, and researchers at Harvard. We hope to meet you and help you to meet each other. We hope to amplify voices of Harvard community members whose experiences intersect multiple avenues of racial identity. These are social events aimed at starting a community network and we hope to provide a space for members to share experiences and identify issues unique to this community. Sign up [here](#).

Video: Why Young Protesters Are Fighting For Racial Justice In New England

In New England, many of the protests have been led by a diverse coalition of young people, who say racism in their own communities has motivated them to speak out for racial equity. In a special project for the New England News Collaborative, Connecticut Public heard from young activists and protesters throughout New England about their experiences with racism, the changes they want to see and what needs to happen to make the racial justice movement sustainable. Watch [here](#).



Women face gender discrimination throughout our careers. It doesn't have to derail our ambitions — but how do we prepare to deal with it? There's no workplace orientation session about narrowing the wage gap, standing up to interrupting male colleagues, or taking on many other issues we encounter at work. So HBR staffers Amy Bernstein, Amy Gallo, and Emily Caulfield are untangling some of the knottiest problems. They interview experts on gender, tell stories about their own experiences, and give lots of practical advice to help you succeed in spite of the obstacles. Listen [here](#) or where you listen to podcasts.