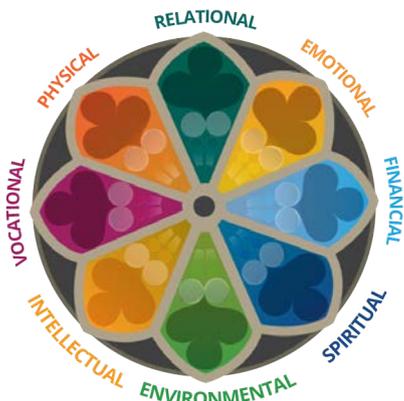


GSD Staff News

Community and Wellness Resources



Harvard Resources

Center for Workplace Development

- LinkedIn Learning: [Mastering Organizational Chaos](#), on-demand.
- LinkedIn Learning: [Avoiding Burnout](#), on-demand.
- Featured Learning for [Managers from LinkedIn Learning](#) and Harvard Manage Mentor.

Office of Work/Life

- [Care@Work: Equal Parts](#), Care@Work Podcast – A podcast for working parents who are trying to balance it all while caring for the people they love – including themselves.
- [Harvard's EAP](#): offers free, confidential help for all Harvard employees and their adult household members.
- [EAP Manager Overview](#), December 9, [EAP Manager Consult Flyer](#)
- [Flexwork Guidelines](#): Tips for Leading a Virtual Meeting
- Tips for Participating in a Virtual Meeting
- [Ten Percent Happier App](#): Holiday gift idea – 30% off discount on the Ten Percent Happier App for family members.
- [Mindfulness: Caring for Yourself and Caring for Others](#), **December 16 NEW!**
- [Dependent Care Resources: Distant Learning Resources](#) from Care@Work.
- [National Working Daughters Day](#), November 17
- [The Office of Work/Life Program Calendar](#): The fall schedule of free programs available from the Office of Work/Life for benefits-eligible faculty and staff.
- [The Wellbeing Newsletter](#): the next edition is coming out on December 7.

Navigating the Holidays During COVID

Tuesday, December 15 | 10:00 am

Under normal circumstances, the holiday season can bring several mixed emotions, including anxiety, joy, stress, burnout, excitement, conflict, and/or loneliness. Saying that emotions will be magnified this year is an understatement. Covid-19 has caused both sudden and gradual shifts in our outlook, routines, relationships, and traditions – all of which demand a new approach to the holiday season. During this course, we will help you understand (and accept) these unique circumstances. We will discuss how to balance planning with flexibility, values with compromise, and routines with new traditions. Plus, you'll learn skills such as effective communication, mindfulness, and resiliency that will benefit you well beyond ringing in the new year! [Register for the course.](#)

Community Conversations for Staff

Monday, December 14 | 3:00 - 4:00 pm

On behalf of [Dr. Sherri Charleston](#), Harvard's inaugural Chief Diversity & Inclusion Officer (CDIO), I write to extend a personal invitation to attend the University Office for Diversity, Inclusion & Belonging's upcoming virtual meet & greet "Community Conversations for Staff."

The program is presented as part of the university-wide inclusive dialogue initiative to engage Harvard staff members with the ODI strategy, and have an Q&A on DIB updates, opportunities, and challenges. [Register to attend Community Conversations.](#)

Diversity, Inclusion & Belonging Anti-Racist Resources

ACTION

- [5 Ways White People Can Take Action in Response to White and State-Sanctioned Violence](#), by SURJ

READ

- [White Privilege: Unpacking the Invisible Knapsack](#), by Peggy McIntosh

LISTEN

- [Fare of the Free Child](#) podcast focuses on Black people, Indigenous people, and People of Color (BIPOC) families who practice unschooling and other forms of Self-Directed, decolonized living and learning.

FOLLOW

- [Black History Untold](#) Award-winning identity series that explores the importance of a comprehensive Black history education via revelatory stories.

WATCH

- [Our Mental Health Minute](#): A video series created by psychologists Riana Anderson and Shawn Jones to provide mental health resources for the black community.

CONVERSATION

- [How Can We Stop Prejudice in a Pandemic?](#): Recent studies reveal how knowledge helps defeats prejudice in the face of a health crisis.

COMIC: A Kids' Guide To Coping With The Pandemic (And A Printable Zine)

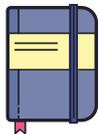


You've been living through this pandemic for months, and you might be feeling sad, frustrated or upset. But there are lots of different ways to deal with your worries – and make yourself feel better. [Here are some tips and advice to help you through.](#)

How Do I Clean My Mask – Washing Machine? Oven? Broccoli Steamer?



Does putting a reusable mask in the oven for 30 minutes at 165 degrees Fahrenheit kill the virus that causes COVID-19 and other pathogens? If not, how do I clean it? [Read more on how to clean your reusable mask.](#)



Got A Lot Of Big Confusing Feelings? Write Them Down

Journaling – or expressive writing – can help you learn more about yourself and can improve mental and physical health. It's even been associated with improved immune function. But it's a hard habit to start for some of us. "It's that great first step to opening up and learning who you are and what you believe in and how you feel and how you see and understand the world," Rashawnda James, a licensed therapist, YouTuber and journaling advocate tells NPR's Life Kit. Intimidated by the thought of recording your innermost thoughts and feelings? Remember, the journal is just for you. It doesn't have to be perfect. Create a voice memo on your phone if you'd rather talk it out than write, experts say. [Read on for tips on how to get started on your journaling journey.](#)



The Harvard Staff Art Show is an online exhibition celebrating the creative work of the Harvard University staff. The show will open in February 2021. We are seeking Harvard staff who want to show their creative endeavors and artwork. Submissions can range from photography and painting to conceptual pieces, sculpture, design, textiles, film, performing arts, musical compositions or performances, and more. [Further guidelines are available.](#)

What To Do If Your Family Is Making You Feel Guilty About The Holidays



Not traveling home this year may be the safest decision to protect you and your loved ones from COVID-19. Hashing out holiday plans with family can be a source of stress, even in a normal year. But in 2020, in the midst of a worsening pandemic, these conversations are especially fraught. [Read more on what to do during this holiday season.](#)



Sedentary Pandemic Life Is Bad for Our Happiness

One of the words I've seen used most often to describe life during the coronavirus pandemic is standstill. It's often in reference to the economy, but it could just as well describe our state of physical inactivity. For millions, life suddenly became very sedentary: Walking to the office involves moving approximately 10 feet. Another 10 feet away is the refrigerator, making it easier than ever to add calories precisely at the same time we're burning fewer. The sedentary and dietary side effects of COVID-19 are making it harder to manage our life satisfaction. Fortunately, we can do a lot to mitigate this problem, and, in doing so, build better attitudes and life strategies that will outlast the pandemic. [Read on how to combat sedentary life during the pandemic.](#)