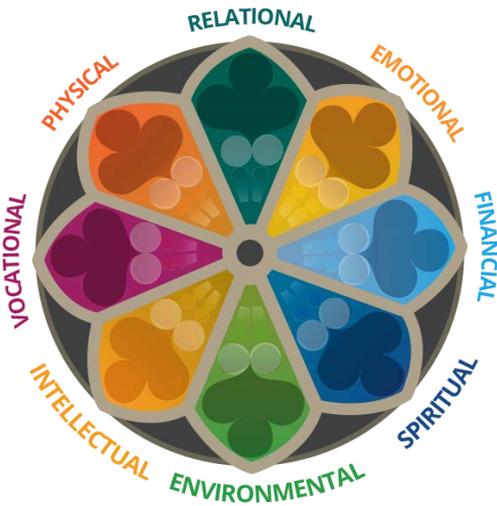


GSD Staff News

Community and Wellness Resources



Physical Wellbeing

Physical wellness is essential to living a long healthy life. Important aspects of physical health include exercise, nutrition, and sleep. Maintaining a healthy body not only promotes your physical health, but can benefit your emotional, intellectual and relational wellbeing too.

Exercise: Find the time to get your body moving! Try to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, with at least two days of muscle-strengthening activity. [Harvard Rec's group fitness virtual class.](#)

Nutrition: Your body deserves nutritious fuel to perform your best! Dieting is out and healthy eating is in. Foods like vegetables, fruits, whole grains, dairy, and lean protein have the nutrients you need to nourish your body and mind.

Sleep: Recharge your body and mind! Making time for a good night's rest is a wise investment. A pattern of seven to eight hours of sleep will keep you feeling sharp and ready to tackle the day. Click [here](#) to learn more.

Committee on the Concerns of Women (CCW)

lunchtime conversation | April 30, 12:00pm - 1:00pm via [Zoom](#)

CCW invites you to a session where you can step away for an hour and connect with colleagues, find shared experiences, or simply find a moment of reflection.

Tips for an Unexpected Shift to Working Remotely

Many of us have found ourselves working from home and also leading a team that's home, distracted, worried and unaccustomed to operating this way. And let's be honest, any part-time remote or "flex" work arrangements we've managed previously did not prepare us for management a la Coronavirus. Click [here](#) for a helpful list of strategies to utilize during this time.

Center for Wellness

Harvard Center for Wellness is offering a variety of [virtual resources](#), like daily movements and meditations. **Password for all Zoom meditations: [meditate](#)**

Somnyama Ngonyama: Hail the Dark Lioness

Activist Zanele Muholi uses their body as a canvas to confront the deeply personal politics of race and representation in the visual archive. Each black and white self-portrait asks critical questions about social (in)justice, human rights, and contested representations of the Black body. Experience the Virtual Tour at The Cooper Gallery [here](#).

Widener Library Virtual Tour

Explore Harvard's Widener Library, from its marble rotunda to the Loker Reading Room, through a new 360-degree tour [View the tour here](#).

Ergonomics

Working remotely can present unique ergonomic challenges as there are several barriers to achieving the neutral postures necessary in the computer workstation setup. Below are some tips to create an ergonomically sound work environment:

- If you only have a hard chair causing pain in the back or buttocks, sit on a pillow.
- If you need lumbar support, fold a towel in half and roll it up or roll a sweatshirt, and place it at the "S" curvature of the back
- If you have wrist pain, take a facecloth or small towel, fold it, and place it in front of the keyboard for wrist/forearm support
- If your workspace allows you to raise your laptop (because you have an additional keyboard/mouse), use books or boxes
- If you need to implement a footstool to your space, use boxes or books
- If your workspace isn't ergonomically sound, consistently move your position to maintain blood flow and alleviate pain in certain areas, i.e. move from the hard kitchen table, to standing at the counter, to taking your conference call from the couch)

We encourage to be creative when it comes to solutions! For more information about at home ergonomics read [here](#).

Game Night

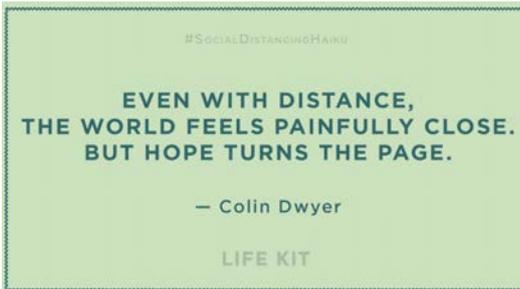
Ellen Tang in Student Services has offered to host a fun and appropriate/family friendly virtual game night For GSD Staff! She will share her screen and players can interact with the game on their mobile phones:

jackboxgames.com/party-pack-three/

Please contact Ellen at etang@gsd.harvard.edu if you are interested!



How To Get Into Poetry



April is National Poetry Month! NPR podcast Life Kit shared an episode on "how to appreciate poetry." And if you're at home and have burned through all the TV you can stand, you may just need some art to help you process that sadness or anger or fear. And this might be a good time to give poetry a try. A great poem can be there for you – the same way other works of art you hold dear can. Listen and read 5 tips on How To Get Into Poetry [here](#).

The inaugural youth poet laureate is a Harvard student and she was featured on CBS this morning – [Youth Poet Laureate Amanda Gorman offers words of hope amid pandemic.](#)

Also, the Poetry Foundation offers a good [article](#) for folks who don't normally read poetry. A poetry primer for the uninitiated.

And need a place to start? [Poets.org](#) is great website and you can get poem a day in you inbox daily. Sign up [here](#).

Don't forget...



Option B: Facing Adversity Building Resilience and Finding Joy

In the Book "Option B", Sheryl Sandberg and Adam Grant explore resiliency through stories and research to offer practical advice for supporting ourselves and others in crisis. Given the current state of affairs they are providing excerpts from the book along with digital cards and other resources to help us all with this. Please find more information [here](#). Full excerpt also available [here](#).



Give Yourself a Buzz Cut Now

Need a hair cut? Me too! If you can't wait until your favorite hair salon or barber shop opens up, look no further. The New York Times wrote a great article (with visuals) to help you give yourself a buzz cut. Read and watch more [here](#).

Earth Day

Denis Hayes, a graduate student at Harvard ended up organizing the original Earth Day on April 22, 1970. Earth Day 2020, has shifted, in the time of coronavirus, to the digital realm. Read more [here](#).



Avoiding Financial Scams During COVID-19

There have been numerous reports of financial scams related to COVID-19. Read more [here](#) for quick snapshot of financial scams you might encounter, with key advice on how to avoid them.

The Boston Calendar

The Boston Calendar shares daily things to do online in Boston. [Here](#) is a list of activities. Many activities are fun and family friendly. Sign up for a daily newsletter [here](#).

How Does a New Yawker Tawk?

The #BestNYAccent challenge on Instagram brought out the sound of an unflappable city. Read and watch [here](#).