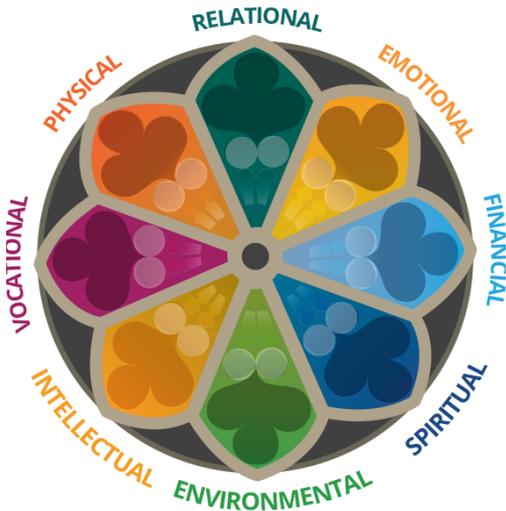


# GSD Staff News

## Community and Wellness Resources



### Wellbeing at Harvard

Please see the April issue of [Your Life Well Lived](#), a monthly digest of wellbeing resources for Harvard staff and faculty.

### 'If you remain mostly upright, you are doing it well enough'

The Gazette spoke with Nancy Costikyan, director of the Office of Work/Life at Harvard, to learn some strategies for being productive, adjusting expectations, and staying healthy in mind and body while honoring the call to self-quarantine. Read the article [here](#).

### LGBTQ+ Resources

The Title IX Office has launched a new [LGBTQ+ Resources page](#) on its website as part of an ongoing initiative to improve gender equity at the University. Visit the page here and read more about the launch of this new resource in [The Crimson](#).

### Harvard Rec 's Group Fitness

As a reminder, you can also take "at home" friendly group workout classes at [Harvard Recreation Live Virtual Workouts](#).

### GSD COVID-19 Pulse Survey for Staff

Please complete this anonymous [survey](#) to help us better understand your experience working at the GSD during the COVID-19 emergency. Your feedback will help improve our support of staff during this unprecedented time.

### Employee Assistance Program | KGA

KGA is assembling sources of information about COVID-19. These materials will assist in managing your daily life as it is constantly evolving each day addressing issues such as work, family, and life in general. Click here to view [resources](#).

Harvard's Employee Assistance Program (EAP) offers free, confidential help for all Harvard employees and their adult household members. You can reach the EAP any time for personal or work-related concerns at 877-EAP-HARV (877-327-4278). Explore this section for specific ways in which the EAP can help. You can also visit the EAP [online](#).

### GSD Yoga and Workout Classes

Student Services is offering Yoga and workout classes to the entire GSD community! Yoga is Mondays and Wednesdays at 7 pm, and workouts are Tuesdays and Thursdays at 6:30 pm, through the last day of classes. More information about each is below.

#### Yoga

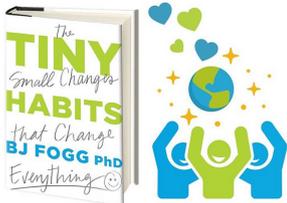
- Mondays & Wednesdays, 7 pm
- Taught by Elizabeth Brown ([steepedingrace.com](#)); coordinated by Olivia Howard, MArch '22 Please have a mat and some floor space
- Please keep your own microphone on mute. You can turn your video on or off as you prefer.
- Zoom link (for all sessions): <https://zoom.us/j/5858139857>

#### Workouts

- Tuesdays & Thursdays, 6:30 pm
- Taught by Abby Jamiel, MUP '20, Level 2 Crossfit Coach and former nationally ranked Division III rower
- Style is HIIT (High-Intensity Interval Training) No prior experience or fitness equipment is required. Scaling and modification options will be given during the class.
- Please keep your own microphone on mute. You can turn your video on or off as you prefer.
- Abby sends an email with demonstration videos of exercises to be used before each class, along with the Zoom link.
- If you'd like to participate, email her at [ajamiel@gsd.harvard.edu](mailto:ajamiel@gsd.harvard.edu) to be added to her email list.

**Pause for Art: Creative Moments from Harvard**

The Office for the Arts offers a daily dose of artistic inspiration for anyone looking to find a moment of beauty, comfort, and connection. Alumni, faculty, staff, and visiting artists are sending in short videos showcasing their music, poetry, dance, and more. New videos are posted every weekday around 1:00 pm. View art [here](#).



**Expert Help with Coronavirus Challenges**

Access free trainings and tools taught by experts trained in how to use Tiny Habits for Coronavirus Challenges (ranging from social isolation, working from home, hand washing, and more). Each session ranges from 15 - 45 minutes in length. Click [here](#) to scroll the offerings to find a topic that interests you.



TEN  
PERCENT  
HAPPIER

**Coronavirus Sanity Guide**

In times like these, we need practical, actionable ways of coping with stress, fear, and anxiety. The meditations, podcasts, blog posts, and talks on this page will help you build resilience and find some calm amidst the chaos. We're adding more resources as they're created - so keep checking back. View offerings [here](#).

**'Coronavirus Has Upended Our World. It's OK To Grieve'**

NPR reporter Stephanie O'Neill shares, "the coronavirus pandemic sweeping the globe has not only left many anxious about life and death issues, it's also left people struggling with a host of less obvious, existential losses as they heed stay-home warnings and wonder how bad all of this is going to get." Read the full article [here](#).



**National Parks Services**

Get some virtual fresh air and explore some of the country's most famous national parks with the National Park Service's [YouTube channel](#)! Full of information and gorgeous footage, dozens of parks are featured.



**San Diego Zoo**

Take a peek into various zoo exhibits with these live cameras from the San Diego Zoo! There's also an archive of old footage if you're really looking for some animal fun. View live cams [here](#).



**Some Good News**

John Krasinski highlights some good news from around the world, including an interview with Steve Carell to mark the 15th anniversary of THE OFFICE, as well as John's newest hero Coco. Watch [here](#). [#somegoodnews](#)