



HARVARD
Human Resources
WORK/LIFE

NOVEMBER 3 & 4, 2020

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. After months of pandemic, loss, and rage over things as great as our political divides and as small as frozen Zoom screens, we can use this period of waiting to reflect on how to manage our feelings, to talk with family and friends with different points of view, and to wait skillfully when waiting is the only action we can take. 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](#).

MINDFULLY MANAGING UNCERTAINTY

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.

Join Zeenat Potia for this two-part series:

Mindfully Managing Uncertainty on Wednesday, November 4, 10:00 – 11:00 AM

Register [here](#).

The second 60-minute segment will largely be focused on discussion: now that participants have been using the exercises learned in the first segment in their daily lives, what have they found to be useful, and what have they found to be challenging? The instructor will offer additional ways to understand and make the best use of these practices.

Mindfully Managing Uncertainty 2.0 on Wednesday, December 2, 10:00 – 11:00 AM

Register [here](#).



Find solutions, stay centered, plan to thrive. Make it your Harvard.



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