HEALTHY YOU CALENDAR OF FALL EVENTS

The Healthy You team has prepared a series of different programs and opportunities to help you understand, improve, and maintain different aspects of your health. We encourage you to explore the options and participate in what best meets your needs.

Stay tuned for additional program announcements throughout the fall.

STRESS MANAGEMENT
The Healthy You team is pleased to partner with E4Health, Northeastern’s Employee Assistance Program (EAP) to offer a series of seminars to help identify and mitigate different sources of stress.

QUALITY TIME FOR THE TIME PRESSED FAMILY
Friday, September 14, Alumni Center, 1:00 – 2:00
Click Here to Register
Family meetings provide opportunities for parents and children to come together to share experiences and to plan family activities. The family meeting promotes harmony, cooperation, and leadership by providing time to establish rules, make decisions and recognize positive aspects of family life. Come to this seminar to learn more about deliberately creating shared family time.

UN-CLUTTER TO DE-STRESS
Tuesday, October 2, Alumni Center, 1:00 – 2:00
Click Here to Register
We are often unaware of how affected we are by clutter. Both emotional and physical clutter affect everything from productivity and success, to emotional wellbeing. This session will explore simple techniques to tackle even the most daunting “un-cluttering” tasks to help restore peace-of-mind.

FIVE BUCKET PRINCIPLE FOR BALANCE
Wednesday, October 31, CSC 333, 1:00 – 2:00
Click Here to Register

Is it possible to meet the competing demands of job, family, friends, school, and work? The resounding answer is yes! In this fun, interactive seminar, participants will learn the Five Bucket Principle of work/life balance to get the tools to prioritize what is and should be important to them. You will learn how to think about the BIG PICTURE without ignoring the little things that matter. We will show attendees how to find the time to manage it all—including time for yourself—by identifying priorities, making choices, and managing expectations.

PUTTING THE HAPPY BACK IN THE HOLIDAYS

Wednesday, November 14, Alumni Center, 1:00 – 2:00

Click Here to Register

If you are one of the many people who just wants to “get through the holidays,” explore some of the actions you might take to help you enjoy the season in your own way.

HEALTH AND FITNESS

PRACTICE MINDFULNESS AND YOGA

The Healthy You Virgin Pulse program now includes Whil, a resource that enables you to access guided video and audio exercises which cover the basics of mindfulness, yoga, and emotional intelligence.

The first time you access Whil through Virgin Pulse, you will be prompted to enter your country to review the relevant privacy policy; select United States from the drop down menu (not USA) and proceed with the program.

Whil is yet another way for you to earn Healthy You Virgin Pulse health points.

Not yet a member of Virgin Pulse? Enroll now (you will need your NU ID) and start earning up to $100/quarter, $400/year, just by engaging in healthy habits.

INSTRUCTIONAL PROGRAMS

Northeastern’s instructional programs include yoga, meditative Tai Chi, martial arts, Pilates and more. Registration closes September 14. Please Note: Marino membership required.
MARINO MEMBERSHIP
Join Northeastern’s state of the art fitness facility; take advantage of great equipment, trainers, instructional programs and a great price, $270/year. If you are a member of one of Northeastern’s health plans and are eligible for the $150 reimbursement for gym membership, after you factor in the reimbursement, the annual out of pocket cost equates to $10/month.

To enroll, have your NU ID number handy and go to:

– MyNortheastern
– Service and Links
– HRM Benefits and Services
– Campus Recreation Membership Payroll Deduction

HEALTHY HABITS CALENDAR
Check out the healthy habits calendar for September prepared by Blue Cross Blue Shield of MA.