

SUMMER 2018

The *Healthy You* team is pleased to offer a series of conversations to help identify and mitigate different sources of stress. In addition, we encourage you to take advantage of the many programs offered at Northeastern designed to enhance your wellbeing.

CONVERSATIONS

MINDFULNESS IN TODAY'S CHANGING WORLD

Dr. Kristen Lee, Associate Teaching Professor, Behavioral Health Scientist, CPS
Wednesday, June 13, 10:30 – 12:00, Alumni Center - to enroll, [click here](#)

One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors, which is not always helpful. Learn to apply a process of behavioral change so you can consciously manage stress in ways that help you flourish and thrive in today's changing world.

STRESS MANAGEMENT

Representative from E4Health, Northeastern Employee Assistance Program
Wednesday, June 20, 10:00 – 11:00, Alumni Center - to enroll, [click here](#)

When harnessed effectively, stress can be a source of energy and motivation. However, all too often, we let stress build to unmanageable levels, allowing it to impact our physical and mental health. During this seminar, we will review common stressors and symptoms of stress, as well as our individual responses to demands in our personal and professional lives. The focus will be on developing strategies for coping with stress and increasing the ability to transform stress into a motivating, rather than debilitating, force in our lives.

UN-CLUTTER TO DE-STRESS: SIMPLE STEPS TO SIMPLIFY YOUR LIFE

Representative from E4Health, Northeastern Employee Assistance Program
Thursday, July 12, 2:00 – 3:00, Alumni Center - to enroll, [click here](#)

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.

CHILDREN AND STRESS

**Representative from E4Health, Northeastern Employee Assistance Program
Tuesday, July 31, 10:00 – 11:00, Alumni Center - to enroll, [click here](#)**

Stress impacts children as young as 7 years old. This workshop explores causes of stress, reviews warning signs and red flags and teaches parents and guardians techniques that will help their children on an everyday basis. Ultimately, participants will learn how they can help children have a happier and more balanced childhood.

ADDITIONAL RESOURCES

RECREATIONAL RESOURCES

Exercise enhances physical and mental health. Join the Marino Center and use the world class equipment and learn from skilled trainers. If you are a member of one of our health plans, you may be eligible for the annual [\\$150 fitness reimbursement](#).

TIME OFF BALANCES

Click [here](#) to check your time off balances; coordinate your time off requests with your manager and the needs of your department.

WEIGHT WATCHERS AT WORK

Wednesdays, 10:00 – 11:00, [Meeting Locations Vary](#)

You are welcome to join at any time; the fee can be pro-rated. Please contact [Kate Klepper](#) with questions.

JUNE: USE A HEALTHY HABITS CALENDAR!

Checkout [June's calendar](#), which is filled with simple ways to incorporate healthy habits into your days.

EARN UP TO \$100/QUARTER WITH VIRGIN PULSE

The *Healthy You* program enables you to earn up to \$100/quarter, \$400/year by participating in the Virgin Pulse program and meeting critical milestones. There are many devices you can use to track your steps – including your smart phone. [Learn more](#). Not yet a member? [Enroll now!](#)

FARMERS MARKET EACH WEDNESDAY

The farmers market, located on Centennial Common near Ruggles Station, returns to Northeastern on June 6. Include local produce and freshly baked goods in your meals.

Northeastern University
Human Resources Management