

# WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

## SPRING REFRESH!

Be Well at Work recognizes that the past year and a half has been a mix of new experiences and emotions; some energizing, while some mentally and physically fatiguing. This time period has allowed us to both establish new practices, while also resuming some familiar activities. This spring, we encourage you to “refresh” your wellbeing by taking care of yourself in ways that best suit your individual needs. You can begin a new wellbeing plan, make an appointment, join a workshop, or simply set an intention. Be Well at Work is here to support you during this process, whichever path you choose. **Visit [uhs.berkeley.edu/bewellatwork](https://uhs.berkeley.edu/bewellatwork) to register today!**

## HEALTH & WELLNESS

### Active at Work

#### Dancing for Fun and Fitness

Fri 2/4, 3/4, 4/1, 5/6, & 6/3; 12:10 – 1 pm

#### Yoga for Tension & Stress Relief

Fri 2/11, 3/11, 4/8, & 5/13; 12:10 – 1 pm

### Cook Well Berkeley

#### Plant Based Tips & Tricks

Thu 2/17; 12:10 – 1 pm

#### Flavors Around the World

Tue 3/15; 12:10 – 1 pm

#### Plant-Based and Planet-Friendly

Thu 4/28; 12:10 – 1 pm

### Recorded Virtual Workshops & Programs

All recordings available at [uhs.berkeley.edu/wellness/recordings](https://uhs.berkeley.edu/wellness/recordings)

[Leading a Healthy Lifestyle](#) [recorded]

[Strategies for Making Healthy Lifestyle Changes](#) [recorded]

## DISABILITY MANAGEMENT

### Disability Management: Understanding the Process

Wed 1/12, 4/6, & 5/4; 9 am - 12:30 pm

### Disability Management: Navigating the Process

Wed 1/26, 3/16, 4/20; noon – 1:30 pm

### Understanding the Process Part II: A Deeper Dive

Wed 1/19, 4/13, & 5/11; 9 am - 12:30 pm

## ELDER CARE

### Healthy Living for Your Brain & Body

Tue 1/25; 12:10 – 1:30 pm

### Aging with Pride: Caregiving & Dementia in the

#### LGBTQ+ Community

Thu 2/3; 12:10 – 1:30 pm

### Holistic Quality of Life: Creating Joyful Moments

Thu 3/3; 12:10 – 1:30 pm

### Meaningful Consent: Social & Legal Issues in Caring for Adults with Cognitive Changes

Tue 4/12; 12:10 – 1:30 pm

### Going the Distance: Resilience & Self-Care for Family

#### Caregivers

Thu 5/5; 12:10 – 1:30 pm

## ERGONOMICS

### Computer Health Matters: Multiple Workstations

Thu 1/13, 3/17, 4/14, 5/12, & Wed 2/23, & Tue 6/7; 10 – 11 am

### Computer Workstation Evaluator Training

Thu 1/20, 4/21; 10 am – noon

### Keyboards and Mice: Ergonomic Alternatives

Thu 1/27, & Wed 3/9, 5/18, & Tue 5/3; 10 – 11 am

### Core Essentials for Better Posture

Wed 2/2 & Tue 5/10; 12:10 – 1 pm

### Back Talk

Wed 3/16; 10 – 11 am

## FINANCIAL WELLNESS

### Women and Investing

Tue 3/8; 12:10 – 1 pm

### Creating a Budget

Tue 4/5; 12:10 – 1 pm

### Preparing for Retirement

Wed 3/23; 11 am - 1 pm

## PARENTING

### Supporting Anxious Children

Thu 2/24; 12:10 – 1:30 pm

### Planning Your Pregnancy Leave

Thu 3/10; 12:10 - 1 pm

### Returning to Work Following Baby Bonding Leave

Thu 3/31; 12:10 - 1 pm

### Breastfeeding Your Baby/Returning to Work or School

Thu 4/7; 1 – 4:15 pm

### Self-Compassion for Caregivers of Children &

#### Teenagers

Thu 5/19; 12:10 - 1pm

## STRESS MANAGEMENT

### Reframe to Refresh: Why Our Thoughts Matter

Wed 2/16; 12:10 – 1:30 pm

### Guided Meditation

Fri 4/15; 12:10 – 12:55 pm

### Emotional Intelligence for the Workplace

Tue 5/17; noon – 12:50 pm

All events listed on Berkeley Calendar:

[bit.ly/bewellstaffcalendar](https://bit.ly/bewellstaffcalendar)

Stay in Touch! Sign up for our listservs:

[uhs.berkeley.edu/bewellatwork](https://uhs.berkeley.edu/bewellatwork)

Note: Please register on the UC Learning Center for Zoom details.



## PROGRAM DESCRIPTIONS AND ENROLLMENT

1. Go to [uhs.berkeley.edu/bewellworkshops](https://uhs.berkeley.edu/bewellworkshops)
2. Under **Workshops and Training**, click on the topic of interest for the current programs with descriptions.
3. Click on the “date” or “enroll” hyperlink to the UCB Learning Center.