On May 1, Be Well at Work Employee Assistance invites you to prioritize your mental health. The day will include virtual workshops highlighting mental health education and wellbeing strategies, as well as in-person experiential activities aimed at caring for your mental health needs. Learn more about existing support in our community via campus and community partners. We hope you will join us!

Supporting Mental Health in the Workplace: For Supervisors & Managers*

9:00-10:00 am | Working in a management or leadership role comes with many responsibilities, not the least of which is supporting your employees. However, when mental health challenges are disclosed or suspected based on observed behavior, managers often aren’t sure how best to respond; or whether they should respond at all. Be Well at Work - Employee Assistance is uniquely positioned to help managers and supervisors navigate the intersection of mental health and the workplace. During this live webinar, we will share observations, common misconceptions, and useful strategies related to mental health in the workplace while also discussing how to support individuals and teams in order to provide support, maintain boundaries, and still focus on getting the work done. Bring your questions! Through a predominantly question and answer format, this session is an opportunity for managers and supervisors to get their questions answered, and also learn from each other.

(Re)Starting Your Journaling Practice (Hybrid Event)

10:00-10:45 am | Journaling is a great opportunity to introspect, self-reflect, gain awareness of our emotional and thought patterns, and independently solve problems. Yet, it is difficult to get started or restart with a journaling practice- do I just start writing? How will I feel if I read it later? Do I have to write in a notebook or is typing in my phone the same thing? This workshop will help answer these questions, offering education about the benefits of journaling for our mental health, different types of journaling, and example prompts to get you started. The second half of the workshop will be devoted to starting your journaling practice, and in-person participants will receive a complimentary journal! This workshop welcomes those with any and all levels of journaling experience.

Walking Meditation: Using Nature to Boost Your Mood**

11:30 am-12 pm Noon | Walking meditation is a type of mindfulness practice that uses nature and quiet movement to develop calm and enhance connectedness to one's self and one's surroundings. We chose to highlight this type of meditation as it offers a user-friendly approach to resetting the nervous system and can be practiced during everyday moments. You do not need any prior meditation experience.

In the Absence of Fear, Love Settles In: Unifying Body, Mind, & Feelings w/ Breema**

2:00-2:30 pm | Fear, anxiety, and criticism are forms of psychological and emotional tension that steal our energy and depress our relationship with life. One antidote for this is simple. As soon as we see we are in a critical state, we can stop fighting with ourselves and come to a more inclusive dimension of experience by using our breath and weight to come to the body. Join us for this experiential class where we will learn to slow down and connect using simple Breema self care exercises and principles in moving meditation practice for unifying and balancing the energies of body, mind, and feelings. Please wear comfortable clothes and prepared for light movement activity.

*Online Webinar ** In-Person at Staff Garden (next to Li Ka Shing building)

If you require any accommodation, please email Karen Patchell (kpatchell@berkeley.edu) at least 7-10 days prior to the event.

Learn more by scanning the QR code or by visiting uhs.berkeley.edu/mhaday