

BEWELL ENGAGEMENT CLASSES

Dive deeper into a wellness issue that is meaningful to you by completing an approved BeWell-eligible Engagement course. Both in-person and online engagement courses are available each quarter.

ONLINE COURSES: Designed to give you the flexibility to progress through a course at your own pace, online courses may include such topics as weight-loss management, anxiety management, and sleep improvement.

IN-PERSON COURSES: Choose a course from such topics as life transitions, contemplation, creativity, or environmental wellness.

Complete the Wellness Profile before, during or after completion of your Class.
(Spouses are not eligible to participate in Engagement at this time.)

Find out more: <https://bewell.stanford.edu/bewell-program/engagement/>

PREVENTION & MEDICAL MANAGEMENT

OMADA – ONLINE WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases, like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. The program is all online, so you can participate via your computer, tablet, or smartphone, whenever it's most convenient for you. Over 300 Stanford University employees have already enrolled!

You'll learn new strategies related to nutrition, physical activity, and daily challenges that will help you create a sustainable healthy approach for the long term. Based on what you learn, you'll set and meet personal and group health goals. The average participant loses 11 pounds at 16 weeks. *Register anytime and begin the program within 2 weeks of your registration date.

Instructor: A professionally trained **Omada health coach** will facilitate your small online group and provide one-on-one guidance, encouragement, and accountability throughout the program.

| DAY | TIME | FEE | CODE |
|---------------|--|----------------------|----------|
| Rolling start | Self-paced 16 weeks, with maintenance up to a year | \$550 (STAP/EA: YES) | omada-30 |

HEALTH ENRICHMENT

SLEEPPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM

Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 7 of the 15 leading causes of death in the United States, including heart disease, cancer, and stroke. Sleepio is a digital sleep improvement program, scientifically proven to work. Over several weeks, you'll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the 'racing mind' and to overcome worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You'll also gain access to a library of articles and guides that cover common problem areas like pregnancy, sleep, shift work, and jet lag.

To get started:

Step 1 - Discover your Sleep Score for free at <https://www.sleepio.com/stanford>

Step 2 - Register through HIP starting June 12th and continue with the full online sleep improvement program

Instructor: Sleepio's virtual sleep expert, **The Prof**, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

| DAY | TIME | FEE | CODE |
|---------------|------------|----------------------|------------|
| Rolling start | Self-paced | \$300 (STAP/EA: YES) | sleepio-30 |

HEALTH ENRICHMENT

CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY

- Are you expressing your creativity to the fullest?
- Do you greet each day with exuberance, joy, and a sense of deeply held mission?
- Do you make time to nurture yourself and your highest aspiration for living?

We all need more creativity – to solve problems, start important projects, repair relationship challenges, help others in need, and simply to be the fullest expression of ourselves we can possibly be.

Thanks to significant research in disease prevention, we now know that creativity is also good for our health. Finding our creative flow in artistic or other soul-satisfying endeavors makes our immune system stronger, our cardiovascular system more efficient, and our cognitive function sharper and more clear.

In this 3-session course (3.5 hour session followed by two 75 minute sessions), through music, art, dance, creative writing and other forms of creative expression, you will be immersed in exploring your own creativity. You will learn the science supporting the link between creativity and enhanced health; how to refine talents you barely knew you had; and how to keep creativity alive in your life as your personal well-being strategy.

PLEASE NOTE the 3 class dates and times: Class 1 on August 7, 1:30-5:00pm. Classes 2 & 3 on the following Tuesdays, 8/14 & 8/21 will be held 12:00 - 1:15pm. All classes in Li Ka Shing Learning Center, Rm 208.

As a part of the class, each participant will receive a thumb drive containing an audio series of guided meditations, a 19-slide inspiration slide show, a video mini-documentary of the What Makes Your Heart Sing project, and 2 articles on creativity.

Instructor: Bruce Cryer has been a Broadway actor/singer/dancer, entrepreneur, CEO of HeartMath, mentor, strategic consultant, photographer, artist, and author. He is co-author of From Chaos to Coherence: The Power to Change Performance.

| DAY | TIME | FEE | CODE |
|------------------|-------------|----------------------|--------|
| Tuesday 8/7-8/21 | 1:30-5:00pm | \$225 (STAP/EA: YES) | cps-01 |



LIFE'S PURPOSE WORKSHOP: EXPLORING PURPOSE FOR HEALTH, HAPPINESS, AND LONGEVITY

"The meaning of life is to find your gift. The purpose of life is to give it away." – Pablo Picasso

Have you ever wished for more professional and personal fulfillment? In the past few decades, studies on longevity have shown that people who live a "purpose-driven life" not only find more meaning and fulfillment, but are also healthier and happier. In this 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to finding your purpose and putting it in the driver's seat for living a healthier and more fulfilled life.

By the end of this class, participants will be able to:

- identify the health benefits of having purpose in life (such as reduced stress and anxiety, better sleep, lower mortality)
- recognize their values (reflection activities and conversations on personal values systems)
- define the positive impact of value-based behaviors on health (review the effect of value affirmation in behavior change)
- uncover their passion and talents/gifts through reflection, worksheets, and guided discussion
- align values, passions, and gifts with purpose (class activities to define top 5 passions and top 5 gifts in a purpose formula)
- draft and use one's Purpose Statement to develop a plan of action for living a healthy, purpose-driven life

Instructor: Susan Saba, MPH, has a background in health education program planning, group facilitation, and health behavioral change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|----------|--------------|----------------------------|----------------------|--------|
| WED | 8/1-8/29 | 12:00-1:15pm | HRP-Redwood Bldg., Rm T116 | \$200 (STAP/EA: YES) | lpw-01 |

CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

THE HEROIC JOURNEY: A CREATIVE PATH TO TRANSFORMATION

"Our experience quite literally is defined by our assumptions about life. We make stories about the world and to a large degree live out their plots. What our lives are like depends to a great extent on the script we consciously, or likely unconsciously, have adopted."

– Carol Pearson, *The Hero Within*

We live in our stories. Our brains naturally organize our experience of events into a narrative structure that gives our lives a sense of wholeness and coherence. The Hero's Journey, popularized by Joseph Campbell, describes the existential process we all go through as we live in, and adjust to changes in our world and ourselves. The need to expand the constructs of our mind and perceptions may arise many times in our lives. Within a larger context, even negative experiences can begin to take on a constructive meaning.

Research now suggests that the impact of creative practices on well-being include an improved immune system, reductions in stress and anxiety, increases in positive emotions, and improved health. In this 4-week class, we will explore the power of mindset and perspective through engaging narratives and discussions, creative projects, personal reflection, and storytelling. Gain the tools and support needed for personal transformation by answering the call and taking the first steps across the threshold. Join us!

Instructor: **Dominique Del Chiaro, Me.D.**, is a seasoned educator, a transpersonal life coach, a dance and fitness instructor and mentor teacher. She has facilitated trainings for professional educators and work teams on how to be more impactful and engaging for over 25 years. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|-----------|-------------|---------------------------------------|----------------------|---------|
| THU | 8/15-9/05 | 5:30-7:00pm | Li Ka Shing Learning Ctr., Rm 205/206 | \$200 (STAP/EA: YES) | hero-01 |

NEW | THE POWER OF THE PAUSE MEDITATION RETREAT AT STANFORD

For thousands of years, people have taken contemplative retreats – time spent away from one's normal life – for the purpose of cultivating resilience and equanimity, while deepening meaning, compassion, and wisdom. This Saturday immersion retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher. Within the nourishing atmosphere and beauty of Stanford's campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

The schedule includes time for contemplative practice and walks among Stanford's natural beauty and art supported by evidence-based contemplative teachings. Careful guidance and training is offered in several practices including ones that facilitate focused attention, embodiment, breath awareness, mindfulness, emotion regulation, values alignment, reflective insight, awe, self-compassion and loving kindness. This retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities on campus along with guidance on how to continue the "power of the pause" in your daily life.

Instructor: **Tia Rich, PhD**, Contemplation by Design director, HIP Resilience, Stress Management and Contemplative Practices manager. As a meditation teacher, her 30-years of experience began with completion of the Himalayan International Institute of Yoga Science and Philosophy 18-month full-time residential teacher-training program in 1981. Dr. Rich's teaching also draws upon her experience with Zazen, Vipassana, Tibetan Buddhist and Judeo-Christian contemplative meditation

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|-------|-------------|---|----------------------|----------|
| SAT | 7/14 | 9:30-5:00pm | Education Bldg. (Cubberly), Rms 313 & 334 | \$175 (STAP/EA: TBD) | popmr-01 |



CONTEMPLATIVE PRACTICES, RESILIENCE, & STRESS MANAGEMENT

EXPLORING EMBODYING THE DIVINE AND DIVINING THE BODY FOR A MEANINGFUL LIFE

Receive inspiration and skills to deepen meaning and purpose in your personal and professional life by immersing in the beauty and transformative representations of the integrated mind, body and spirit at the San Francisco Asian Art Museum's "Divine Bodies" special exhibit. Centered around the exhibit experience, this arts-based, work-life skills and well-being program provides a unique opportunity to meet yourself more fully and discover ways to authentically express yourself.

Part 1) Lecture: Class meeting at Stanford will provide a framework, a compass, and outline for this transformational learning endeavor. A self-assessment activity for setting learning goals for personal and professional life will be included.

Part 2) Experience: View the SF Asian Art Museum's special exhibit of Divine Bodies with a private, expert docent who will guide us into a deeper appreciation of how the artistic portrayal of the body illuminates human values, ideals, and transformative aspirations. There will be time for personal engagement with the art.

Part 3) Reflection and Integration: Class meeting at Stanford for conversation about the exhibit experience. Facilitated discussion will identify ways to integrate the workshop skills into daily habits for ongoing enrichment of personal and professional life. This class cultivates kinesthetic and emotional intelligence and promotes the human capacities inherent in a meaningful life including; attention, imagination, concentration, resilience, vitality, compassion, devotion, and gratitude. Class lectures and activities draw on research and practices from art, physiology, psychology, neuroscience, philosophy and wisdom traditions.

Instructor: Tia Rich, PhD, Contemplation by Design director, HIP Resilience, Stress Management & Contemplative Practices manager.

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|-----------|-------------|------------------------------------|----------------------|---------|
| SAT | 7/10-7/19 | 5:15-6:15pm | Education Bldg. (Cubberly), Rm 313 | \$225 (STAP/EA: TBD) | eddb-01 |

LANTERN - ONLINE PROGRAM FOR REDUCING STRESS, ANXIETY, OR DEPRESSION

Lantern is a go-at-your-pace mobile program designed by Stanford researchers that draws from over 10 years of research on technological applications for improving emotional wellbeing. Lantern's evidence-based program helps individuals strengthen overall resilience; manage stress, anxiety, and depression; and develop effective coping strategies through short daily exercises with professional coaching. The Lantern program is based on Cognitive Behavioral Therapy (CBT) and mindfulness, and helps individuals focus on what matters most to them and find tools for their situation. The program includes core conceptual areas from evidence-based approaches such as how to become aware of and change thoughts, how emotions and behaviors are interrelated, relaxation training, behavior change, mindfulness, and habit formation. Participants complete the program on an app on their phone and tend to access their program 2+ times per week for approximately 10-15 minutes to track, learn, and practice techniques. Participants typically complete the program in 2-4 months.

Two step registration process:

Step 1 – Register for Lantern class at hip.stanford.edu

Step 2 – Receive email from Lantern with instructions for how to access your program

Instructor: Lantern coaches are experienced professionals trained in coaching, CBT, and motivational interviewing. Your Lantern coach will provide you with 1-on-1 guidance, encouragement, and support via phone and in-app messaging throughout your program. Your coach will also help tailor your program experience to your personal needs and goals.

| DATES | LOCATION | FEE | CODE |
|---------------|----------|----------------------|---------|
| Rolling start | Online | \$350 (STAP/EA: YES) | lant-30 |



MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Co-sponsored with the Stanford Center for Integrative Medicine.

It has been known for centuries in the meditative traditions, and now widely accepted in western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one's life. This 8-week class is modeled on the program taught at the U MASS Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully. Included in the class fee is the text *Full Catastrophe Living* by Jon Kabat-Zinn.

Instructor: **Mark Abramson**, the founder and facilitator of Mindfulness-Based Stress Reduction programs at Stanford. He has practiced dentistry in the Bay Area for more than thirty years, specializing in the treatment of chronic pain and temporomandibular disorders.

NOTE: Retreat on Saturday, August 11 from 9a-5p in Li Ka Shing Learning Ctr., Rm 101/102..

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|-----------|----------|-----------------------------------|----------------------|--------|
| TUE | 6/26-8/14 | 7-9:30pm | Li Ka Shing Learning Ctr., Rm 130 | \$330 (STAP/EA: YES) | msm-01 |

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

The full MBSR program is now offered for early risers!

It has been known for centuries in the meditative traditions, and now widely accepted in western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one's life. This 8-week class is modeled on the program taught at the U MASS Stress Reduction Clinic and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully. Included in the class fee is the text *Full Catastrophe Living*, by Jon Kabat-Zinn, handouts and recorded meditations. Throughout this 8-week MSC program, participants will learn how to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. All are welcome. No previous experience with mindfulness or meditation is required.

Instructor: **Patty McLucas**, Wellness Consultant, and trained instructor of the Mindfulness-Based Stress Reduction curriculum. She is co-founder and owner of Breathing Room in San Carlos.

NOTE: Retreat on Sunday, August 27th from 9:30a-4:30p in Li Ka Shing Learning Ctr., Rm 306

| DAY | DATES | TIME | LOCATION | FEE | CODE |
|-----|-----------|-------------|-----------------------------------|----------------------|--------|
| WED | 7/11-8/25 | 6:30-9:00am | Li Ka Shing Learning Ctr., Rm 308 | \$330 (STAP/EA: YES) | msm-02 |



NUTRITION / WEIGHT MANAGEMENT

KURBO

Kurbo is a 12-week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of Supportive Accountability, which is the belief that participant success and adherence is greatly improved through a support network of family and friends.

In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins over video chat and/or text. You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

| DAY | LOCATION | FEE | CODE |
|---------------|----------|----------------------|----------|
| Rolling start | Online | \$225 (STAP/EA: YES) | kurbo-30 |