Healthy Living

Winter Quarter
January 14 - March 15
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Stanford
Health Improvement Program

2019
hip.stanford.edu
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HEALTHY LIVING REGISTRATION INFORMATION & POLICIES
REGISTER ONLINE AT HIP.STANFORD.EDU

Three ways to pay:
• Credit card
• Check/Cash – Please note: If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment.
• STAP or EA Funds

STAP Funds for University Staff
All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have “STAP/EA Funds: Yes” next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

Educational Assistance (EA) Funds for Stanford HealthCare and LPCH Employees
Healthy Living classes that are approved for EA reimbursement will be indicated by “STAP/EA Funds: Yes” next to the class fee in the brochure. Register and pay for your class with a credit card or check and then process reimbursement with your HR Manager after class completion. HIP will send a certificate of class completion upon request.

REFUND POLICY
• 24 hour advance cancellation notice is required for refund or credit, unless otherwise noted in class description.
• No credits or refunds will be issued for missed classes.
• HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class). Refunds will be issued for cancelled classes.

New year! New SHALA!
Log in at bewell.stanford.edu to take your 2019 SHALA to get:
- Discounted HIP fitness classes
- Berry credit for HIP fitness and Healthy Living classes
- $260 Engagement incentive for pre-approved HIP Healthy Living classes
**HEADSPACE – MEDITATION MADE SIMPLE**

Headspace is your very own personal guide, here to help you train your mind. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

With this digital program's 1-year subscription, you’ll have access to every meditation and mindfulness exercise in the Headspace Library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other packs.

**Special Two-Step Registration Process:**

Step 1 – Register for the Headspace program at hip.stanford.edu

Step 2 – Receive email from HIP with unique code and instructions for how to access your program

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<tr>
<td>TUE</td>
<td>2/12</td>
<td>5:30-7:00pm</td>
<td>Graduate Community Ctr., Havana Rm</td>
<td>$60 (スタ/院: YES)</td>
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**NEW | EXPERIENCE FORGIVENESS: SOUND HEALING FOR THE HEART**

Join Fred Luskin, PhD, director of the Stanford Forgiveness Project, and operatic sound healer Donatella Moltisanti, for an educational and experiential class on the healing power of forgiveness. Forgiveness has been shown to reduce anger, hurt, depression and stress, and lead to greater feelings of optimism, hope, compassion and self confidence. Dr. Luskin will share the principles and applications of forgiveness, then go on to share both scientific research and clinical anecdotes showing how the mind-body-spirit connection makes forgiveness a key part of overall well-being. Following this presentation, Donatella will share how music and sound can guide the listener into a profound state of relaxation and meditation, and in this space of calm, one can be invited to experience the feelings of forgiveness and compassion.

Donatella will then guide participants through the Moltisanti Soul Singing program – combining guided meditation with operatic vocalization and crystal singing bowls. Participants will be provided with a 5-step take-home exercise to begin embodying the practical applications of forgiveness in their lives. Please bring yoga mat and pillow to class.

**Instructors:** Fred Luskin, PhD, is a Senior Consultant in Health Promotion at Stanford University, the director of the Stanford Forgiveness Project and author of *Forgive for Good.*

**Donatella Moltisanti** is the founder of Moltisanti Soul Healing method, a six-step process that helps individuals access their core being, let go of residue from trauma, and express themselves authentically.

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<td>Graduate Community Ctr., Havana Rm</td>
<td>$60 (スタ/院: YES)</td>
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CONTEMPLATIVE PRACTICES

INTUITIVE INTELLIGENCE MEDITATION

Increase your intuitive intelligence, while sharpening your mind! Accessing your intuition is like having a GPS guide you through your professional and personal life. Intuition enhances your logical mind, providing you with a "gut check", to aid with discernment and choices.

You may have already experienced moments of being guided by your intuitive wisdom. Imagine what it would be like if you simply knew which direction to take in your life, and what choices to make on a day-to-day basis to accomplish what's important to you. This 5-session class teaches you simple ways to connect with your internal GPS, trust your inner vision, and act on your instincts. To continue practice connecting with your intuition in daily life, participants will receive a series of 10-20 minute guided meditations, through the Lovegarden Meditations App.

NOTE: This class qualifies for the BeWell Engagement incentive

Instructor: Tarika Lovegarden is the author of Meditations on the Fridge. Born into a family of meditators, and trained by preeminent meditation leaders, Tarika carries forth her lineage teaching individuals and at organizations, including Oracle, eBay, and Genentech.

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<td>12:00-1:15pm</td>
<td>Center for Clinical Science Research, Rm 4205</td>
<td>$200 (stap/ea: yes)</td>
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MINDFULNESS-BASED STRESS REDUCTION (MBSR)

This class is 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, handouts, and recorded meditations.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Mark Abramson, DDS, is the founder and facilitator of MBSR programs at Stanford.

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<td>Saturday Retreat: February 9, Li Ka Shing Learning Ctr., Rm 120</td>
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<td>Sunday Retreat: March 10, Li Ka Shing Learning Ctr., Rm 205/206</td>
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CONTEMPLATIVE PRACTICES

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 in a beautiful setting. Within the nourishing atmosphere and beauty of Stanford’s campus, a combination of teaching, practice, and reflection provides a transformative learning experience.

Join us 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. Retreat participants will receive the Breathing for Longevity Love and Livelihood CD as part of the course.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Tia Rich, PhD, is the Contemplation by Design Director. 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.

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<td>9:30am-5:00pm</td>
<td>Education Bldg., (Cubberly), Rm 313</td>
<td>$225 (stap/ea: yes)</td>
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SOUND IMMERSION EXPERIENCE – GONGS AND SINGING BOWLS

Guests will lie down in Savasana to experience the sound vibrations of singing bowls, gongs, and chimes as they guide us into a deep meditation. The vibrations pass through our bodies, opening blockages and allowing our minds to quiet. A wide range of ancient world traditions from Confucianism to the Pythagoreans’ claim that sound can not only ‘tune the soul’ but affect our cosmological and social worlds as well. The physiological impact of sound on the body, emotions, and cognition is apparent. Through the vibrations of these instruments we may experience an inner calm and deep relaxation that enables us to journey within and center.

Please bring a yoga mat/blanket/pillow for your comfort.

Instructor: Danny Goldberg, BFA, is an artist and environmental educator, and facilitates creative group activities for schools, retreats, hotels, and private groups around the Bay Area. He offers Sound Immersion Experience at yoga studios, healing centers, and events throughout the U.S.

Two dates to choose from:

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<td>Graduate Community Ctr., Havana Rm</td>
<td>$35 (stap/ea: no)</td>
<td>scir-01b</td>
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**ACTIVE TRANSPORTATION COUNSELING™**

Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, in-person or in two 30 minute phone calls, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction.

For Stanford employees, there will be support for accessing Commute Club opportunities, if desired. For questions, call Jane Rosten, 650.498.4744.

Instructor: Jane Rosten, MSW, LCSW, is the Environmental Behavior Change Program Manager for the Health Improvement Program.

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<tr>
<td>By appointment</td>
<td>In person or by phone</td>
<td>$100 (STAP/EA: YES)</td>
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**CLIMATE CHANGE: WHAT YOU CAN DO**

Climate disruption, one of the foremost challenges of our time, has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO₂), the primary cause, has increased to levels never observed before. With US withdrawal from the Paris Climate Accord, many more are asking what they can do to have an impact on climate change. Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprints, and in the process save money, increase community, and improve health.

This 3-session class is designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time.

Participants will be introduced to skills such as how to “green” transportation at their own pace, save energy at home, recycle better, green finances, make dietary changes, impact policy, and more. Instructors will combine their expertise from over two decades of professional work on the issue, with behavioral science and group support, to help participants make a difference.

**NOTE:** This class qualifies for the 2019 the BeWell Engagement incentive

Instructors: Steve Attinger, MBA, CGBP, is the Environmental Sustainability Manager, City of Mountain View.

Jane Rosten MSW, LCSW, is the Environmental Behavior Change Manager for the Health Improvement Program.

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<td>HRP-Redwood Bldg., Rm 138B</td>
<td>$150 (STAP/EA: YES)</td>
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**SAFE AND CONFIDENT WINTER BIKING**

This class is for fair-weather bike commuters and recreational riders interested in tips for continuing to enjoy bicycling in colder weather, with shorter daylight hours, and/or when rain is predicted. Knowing how to dress for Bay Area winter weather and outfit your bike for drizzle and darkness can help you keep fit year-round. We’ll cover safety and basic commuting skills with photos and video, model clothing options for staying warm and dry, and demonstrate a variety of effective lights for your bike and helmet. There will be optional goal-setting for those who would like to get started making a change within the next month. Bring questions and learn from two knowledgeable instructors.

**Instructors:** John Ciccarelli is a certified League of American Bicyclists Cycling Instructor (LCI).

Jane Rosten, LCSW, is the Environmental Behavior Change Manager for the Health Improvement Program.

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HEALTH ENRICHMENT

THE ART OF ALOHA – HO’OPONOPONO

Sometimes, when our relationships are strained and feel in disharmony, it can be difficult to be productive and creative in other areas of our life. The knowledge and practical self-care skills that are developed as a way of life in Hawaii are understood in the practice of Aloha. Understanding and practicing the traditions and culture of Aloha can serve as a model for how to value each person and provide a new way to embrace your own personal development. In this 2-hour Art of Aloha workshop, we will focus on the practice of Ho’oponopono for reconciliation and forgiveness. Ho’oponopono is a peacemaking process to repair and strengthen relationships. The tenets of this practice can also be used to create internal harmony, especially when we are feeling that life has been turned upside down.

Join Diane Grace (Kumu Kamaolipua) in her second visit from the Big Island, as she shares the wisdom and practice of Ho’oponopono passed down to her from her ancestors, elders, and teachers.

- Learn the fundamental and essential steps of this ancient cultural tradition
- Learn how to apply the principles of Ho’oponopono in your own relationships
- Learn how to use Ho’oponopono to align your personal aspirations with productive action

Instructor: Diane Grace (Kumu Kamaolipua) is a life coach, certified ho’oponopono practitioner, speaker, workshop facilitator, and Kahu (ordained Hawaiian minister). She believes the lessons her Hawaiian culture teaches can make a positive difference in people’s lives.

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<tr>
<td>MON</td>
<td>2/4</td>
<td>11:30am-1:30pm</td>
<td>Kingscote Gardens (419 Lagunita Drive), Rm 140</td>
<td>$70 (STAP/EA YES)</td>
<td>aloha-01</td>
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NEW | BODY HACKING (FOR THE SANE): USING EXERCISE PHYSIOLOGY TO SLOW AGING

Physical activity is a powerful medicine that can promote health and change the trajectory of aging. However, in the modern world, the barriers to daily movement have gotten stronger, and the burden to exercise has gotten greater. As scientists learn more about the pathways of disease, the causes of aging, and the mechanisms by which exercise exerts its benefits, we can develop targeted exercise strategies that can slow (i.e. “hack”) the aging process.

Join us for this noon hour class, either in person or via Zoom, to learn how physical activity can slow aging, and how different types and amounts of activity can optimize desired health and fitness outcomes.

Instructor: Anne Friedlander, PhD, has been teaching exercise physiology classes at Stanford in the Program in Human Biology for more than 20 years. She has broad research experience in the areas of enhancing human performance, environmental physiology, and using physical activity to promote healthy aging.

Join in person or via Zoom

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<td>$40 (STAP/EA YES)</td>
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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 possible expression of ourselves.

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), you will be immersed in exploring your own creativity through music, art, dance, creative writing and other forms of creative expression. 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.

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.

NOTE: This class qualifies for a 2019 BeWell Engagement incentive

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.

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We don't stop playing because we grow old; we grow old because we stop playing.

George Bernard Shaw

ENGAGE YOUR PLAYFUL NATURE

Experience the replenishing gift of creative play. Learn ways to develop your playful nature and positive outlook on life, destress your body and mind, and enjoy the conviviality of community. Play can boost your energy and vitality and even improve your resistance to disease. Play can trigger the release of endorphins, the body’s natural feel-good chemicals. Play stimulates your mind and helps you focus. In this 4-session class, we will rekindle our playful nature with games, joyful music and rhythm making, theater play, creative story conjuring and fun word play. Oh yes — and a whole lot of laughs!

Instructor: Deanna Anderson is a dance instructor, Certified Action Theater Coach and Director, and Registered Somatic Movement Therapist and Educator, with 25+ years experience serving people through Expressive and Performance Arts.

Peter Giordano is the founder and executive director of StoryTeller Project. Peter's career spans over 25 years as an arts educator, professional multi-instrumentalist musician, composer, and music director.

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GETTING OLDER: DON'T TAKE IT SITTING DOWN!

Do you feel too young to get old? What exactly is healthy aging? The answers are different for people at different stages of life.

This class will cover ways to live longer and better, based on the latest research by experts in the field of growing older.

Session 1 will focus on ways of helping you take charge of your body and mind. What specific kind of exercise do you need to emphasize in your fitness program? What specific kinds of food do you need to be eating? What can you do to remain mentally sharp?

Session 2 will focus on taking charge of your life. What myths do you have about getting older? Are telomeres the key to aging? What do you need to relinquish, and to what do you want to enhance as you move on? What does generativity versus stagnation mean to you?

If youth, health, beauty, and power supposedly recede as you get older, why do studies tell us older people are the happiest age group of all? This paradox of aging and other topics will be explored.

Instructor: Joyce Hanna, MA, MS, is the Associate Director of the Health Improvement Program (HIP) and the Director of the Living Strong Living Well program for cancer survivors. She is also an exercise physiologist, nutritionist, and behavioral health consultant. Joyce has been with HIP since 1991.

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HEALTH ENRICHMENT

FOUNDATIONS OF HEALING TOUCH LEVEL 1

Healing Touch is a complementary, energy-based approach to health, that uses heart-centered, gentle, non-invasive techniques to clear, balance and align the human energy system. The goal of Healing Touch is to restore harmony and balance in the energy system, placing the recipient in the position to self-heal. In Level 1, you will learn techniques to use on yourself, your family and friends, and to incorporate into your professional practice if you are a health care provider. Healing Touch recipients report effects ranging from deep relaxation to a more vivid sense of mind-body-spirit connection, and many people report significant relief from physical pain. Healing Touch comes from an energetic perspective and is proving to be very effective as a complimentary modality in the medical environment. Currently, Healing Touch is being used in several capacities at Stanford University Medical Center.

This class is open to Registered Nurses, Health Care Providers and anyone who is interested in learning more about energy work and healing. This is the first class in the Healing Beyond Borders HTI Certification program and provides 18 continuing education contact hours for Nurses. Cost includes textbook used in all 5 Levels of Healing Touch.

Instructor: Elizabeth Helms, RN, BSN, MATP is a Certified Healing Touch Practitioner/Instructor and Public Health Nurse. She has been teaching Healing Touch for the past 11 years in the Bay Area. She has worked as a Healing Touch Provider for Cancer Supportive Services at the Integrative Medicine Clinic and as the Associate Director of the Stanford Healing Partners program.

Assistant Instructor: Irina Mulvey, began her Healing Touch training through the Stanford Health Improvement Program. She has worked as a volunteer with Stanford Healing Partners providing Healing Touch to cancer patients since 2014.

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HEALING TOUCH LEVEL 2: ENERGETIC PATTERNING AND CLINICAL APPLICATIONS

Healing Touch is a complementary, energy-based approach to health that uses heart-centered, gentle, non-invasive techniques to clear, balance, and align the human energy system.

In Level 2, "Energetic Patterning and Clinical Applications", you will learn ‘back’ techniques, the assessment process including recording observations and documentation, and best practices for applying Healing Touch in clinical settings. Participants will be encouraged to share experiences of practicing Level 1 techniques for feedback and growth.

This Class is open to anyone who has successfully completed Healing Beyond Borders HTI's Healing Touch Level 1 and provides 17.5 continuing Education Contact hours for nurses. Foundations and Practice of Healing Touch textbook required.

Instructor: Elizabeth Helms, RN, BSN, MATP is a Certified Healing Touch Practitioner/Instructor and Public Health Nurse. She has been teaching Healing Touch for the past 11 years in the Bay Area. She has worked as a Healing Touch Provider for Cancer Supportive Services at the Integrative Medicine Clinic and as the Associate Director of the Stanford Healing Partners program.

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PARTNER SHIATSU FOR NECK AND SHOULDER RELEASE

Shiatsu is a Japanese form of energy/bodywork using the thumbs, fingers, palms and elbows to apply pressure to the acupuncture meridians of the body. The pressure relieves stress by dissipating muscle tension and allowing flow of energy through the body. The repetitive stresses of work are calmed and eliminated, increasing productivity and health. In this academic and experiential class you will work in pairs, while seated, practicing the principles of good alignment as you work. You will learn bodywork techniques for the neck, upper back, and shoulders. The receiver and the practitioner will both benefit from the focusing of energy and intention.

Bring your partner for free!

Instructor: Lisa Burnett, MA, MFA. Lisa has been teaching dance since 1977, practicing Shiatsu since 1988, and teaching Pilates since 1995.

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NEW | PHYSICIAN HEALTH COACHING FOR PREVENTING BURNOUT AND BUILDING CONNECTION

The 2016 Physician Burnout Survey, conducted by Stanford WellMD, illuminates the increasing prevalence of burnout among medical providers. In response to the survey results, and the WellMD call for the creation of more personal resilience and wellness offerings, the Stanford Health Improvement Program (HIP) has begun offering a Health Coaching program designed specifically for physicians. This 6-session program offers physicians a safe and confidential space to pause and reflect on what it means to reach their full potential. Each physician will work 1 on 1 with a certified coach in areas specific to their needs, setting goals, and implementing a plan that promotes professional fulfillment, personal resiliency, social connectedness, and physical health.

The program is designed with flexibility and accessibility in mind. You choose the time and frequency of your coaching sessions (e.g. weekly, semi-monthly, monthly for up to an hour each session). Sessions are available by zoom video conferencing, by phone, or in person (depending on location).

Our coaches are certified from an accredited coaching program and/or are Nationally Board Certified Health and Wellness Coaches. Please read biographies carefully before registering, as each brings a unique set of specializations and experiences.

Coach: Julie Anderson, MPH, is the BeWell Wellness Profile Manager and Associate Director of the Living Strong Living Well Program. Julie has a coaching certification through Wellcoaches® and is a National Board Certified Health and Wellness Coach. Julie works with individuals in areas such as weight management, healthy eating, and exercise to create sustained behavior change.

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Coach: Claire Palomo, BA, NBC-HWC, is certified as an Integrative Health Coach through Duke Integrative Medicine and is a National Board Certified Health and Wellness Coach. She is a BeWell Coach for the Health Improvement Program, and oversees the Physician Health Coaching Program. She is committed to reducing one's stress and improving overall mental and physical health with proper nutrition, physical activity and various body/mind techniques.

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Coach: Elizabeth Skolnik, CPCC, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

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Coach: Daryl Walker, NBC-HWC, is a Life Coach and Certified Personal Trainer and a National Board Certified Health and Wellness Coach. Daryl believes you do not need to do it "perfectly" and provides a safe and supportive environment to learn and practice while taking realistic, incremental steps towards your health and wellness goals.

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SITTING COMFORTABLY AT YOUR COMPUTER STATION

Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free, prevent injury, and reverse bad habits before they become chronic. Please allow 2 weeks for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches “Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension” for HIP. Class code: feld-01.

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SLEEPIO – 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, 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 and continue with the full online sleep improvement program

NOTE: This class qualifies for a 2019 BeWell Engagement incentive

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.

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SPINEFULNESS *PLUS* BREATHING THROUGH THE SPINE

This 5-part class combines 4-sessions of ‘Spinefulness’ fundamentals along with one awesome session that focuses on breathing for spinal health. In the first 4 weeks, we will learn natural alignment while sitting, standing, bending, and walking. You will learn keen body awareness, and how to apply small, but critical, position shifts for relief from mechanically-based joint and back pain. By replacing patterns of wear and tear with habits that restore joints, you will be able to sit with ease, drive in your car without pain, and stand happily in line at the grocery store.

Bonus session: Did you know that by design, the breath is meant to massage and elongate the human spine? Dr. Roger Sperry, 1981 Nobel Prize winner for brain research, states: “90% of the stimulation and nutrition to the brain is generated by the movement of the spine.” In the last session, you will experience postural and breathing basics that support an elastic and more youthful spine.

NOTE: Wear loose comfortable pants to class (no jeans)

Instructor: Jean Couch, Founder of the Balance Center, is the author of The Runner’s Yoga Book A Balance Approach to Fitness. For over 25 years, Jean has been involved in empirical research studying populations of people who have little or no back or joint pain.

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NEW WEBINAR: THE UNSUNG LONGEVITY FACTOR OF SOCIAL CONNECTION

This class is co-sponsored with the Stanford Center on Longevity

Our social lives are vital for our health, well-being, and longevity. Research shows that loneliness and social isolation affects both physical and mental health and is a risk factor for a variety of diseases. People who are socially isolated have mortality rates that are similar to smokers and twice the mortality rate of obesity. On the flip side, people who are optimally socially connected are happier, healthier and live longer. How can we make more health-enhancing social connections?

Join Amy Yotopoulos from the Stanford Center on Longevity in this noon-hour webinar to learn about the risks of social isolation, the health benefits of social engagement, the role that technology plays in our social lives, and ways to increase meaningful connection. Ms. Yotopoulos will focus on findings from the Center’s “Sightlines Project”, specifically, the 9 action steps to diversify your social network, build and maintain meaningful relationships, and increase group involvement.

Instructors: Amy Yotopoulos, MS, is the Director of the Mind Division at the Stanford Center on Longevity. She has spent more than a decade researching the aging mind and body, developing innovative new businesses focused on the senior market, leading direct service organizations, and providing hands-on caregiving to mature elders. She has appeared as a speaker at TEDx San Francisco, and keynoted at international conferences.

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VITALITY 201: FINDING AND SUSTAINING YOUR GROOVE

If you want to be excellent, enthusiastic and effective . . . and you want to catch your breath. If you want to have a sense of purpose and joy . . . and you want to be able to connect with colleagues, yourself, family and friends . . . If you want to keep all of the important balls in the air and learn some danger signals of overload . . .This is the right time to RENEW!

Join Dr. Linda Clever for this for this 5 session program exploring the practical and powerful ways to refresh. We’ll discuss values and how best to say “No” and “Yes” at the right times in your career and life. In our time together, we’ll also talk about the five characteristics of “fit” people, and how to define success. After this program, you will feel better able to find your groove and move ahead. Come be inspired!

NOTE: This class qualifies for a 2019 BeWell Engagement incentive

Instructor: Linda Hawes Clever, MD, a Stanford graduate, former Associate Dean of Alumni Affairs, is Clinical Professor of Medicine at UCSF, and a member of the Institute of Medicine of the National Academy of Sciences. She founded not-for-profit RENEW 20 years ago, and is author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.

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HEALTH ENRICHMENT

WELLNESS COACHING

Are you eager to make lasting change in an important area of your well-being?

What is Wellness Coaching?

During these 5 Wellness Coaching sessions, you will work 1:1 with an experienced coach who will support you in uncovering your motivations and leveraging your strengths to reach personal goals and sustain healthy behaviors. Your coach will partner with you as you set clear and attainable goals in each session, and help you navigate the path to success.

The first session is a 1-hour conversation, usually conducted via phone, with the option of doing it in-person. The initial session is followed by 4 subsequent 15-30 minute telephone conversations.

What Wellness Coaching is NOT

Unlike personalized nutrition coaching or personal stress reduction, wellness coaching is for individuals who have an interest in making broader life changes. While participants are welcome to work on making changes to their eating and/or stress management behaviors during the course of wellness coaching, wellness coaches might not be content experts in these areas. If you are interested in specific diet or stress management advice, please consider registering for Personalized Nutrition Coaching or Personal Stress Reduction, respectively.

Please read our coaches’ biographies carefully before registering, as each of them brings a unique set of specializations and experience, and differs in their availability.

Coach: Julie Anderson, MPH, is the BeWell Wellness Profile Program Manager for the Health Improvement Program (HIP) and has been with HIP since 1991. She holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

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Coach: Debbie Balfanz PhD, is the Group Behavior Change Program Manager for the Health Improvement Program (HIP) and has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002. As a working mom, she understands the realities of trying to fit in physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

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Coach: Elizabeth Skolnik, Certified Professional Coach, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach within the corporate world. She has a long career working with individuals wishing to make lasting behavior change in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

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Coach: Jayna Rogers, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, smoking cessation, weight management, women's health and wellness coaching for long-term behavior change.

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**A PLANT BASED APPROACH TO EATING FOR HEALTH AND BEYOND**

Confused about what to eat and/or what to feed your family? Since not even the experts can agree, it's easy to understand how you can feel at a loss when trying to decide what to put on the dinner table. This noon-hour class will offer an overview of the benefits of a plant-based diet, from optimizing health and well-being, to caring for our environment, as well as address some common concerns. We will provide plenty of practical tips and strategies to bring plant-based meals to your lunch boxes and dinner table. Learn the nuts and bolts of menu planning, get new recipe ideas, and even learn how to make some simple, yet delicious plant-based meals.

Instructor: Reshma Shah, MD, MPH, is a board-certified pediatric physician practicing in the Bay Area. She has advanced training in plant-based nutrition and cooking. In addition to clinical practice and teaching residents and medical students, she has a strong interest in family health and wellness, with a focus on plant-based nutrition.

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**THE ART OF SNACKING**

Do you belong to the 90% of Americans who snack? Do you go for that planned mid-day snack, graze your way through the workday or skip meals in lieu of your favorite treat? Our culture is obsessed with snacking and snack foods are ubiquitous in our food environment. While a well-placed and balanced snack can optimize nutrition, energy and weight, frequent snacking can drain our energy and focus, while contributing to our expanding waistlines and metabolic imbalances. So, should you snack? Join this noon class to:

- Explore the reasons behind our ever growing snacking culture
- Examine the impact of common snack foods on our energy and performance levels
- Learn how, when, and what to snack on to optimize your energy, performance, and waistline

Instructor: Christina Becker, MPH, RDN, NBC-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 14 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. She is a graduate of the Integrative Health & Lifestyle program (IHLP) at the Arizona Center for Integrative Medicine, and is a certified Hatha yoga instructor.

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**DIET HOW TO’S OF METABOLIC HOMEOSTASIS**

Homeostasis describes how the human body regulates fluid, nutrients, and temperature balance. The current diet culture repeatedly tells us that we must do all the work to keep our body in balance through “clean eating”, fasting, and cleansing. These messages lead to confusion and sometimes anxiety over not doing the right thing.

Join this 4-week class to learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet ‘boot camp’ where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiation) work, and increase your confidence to choose foods that best meet your personal health needs.

*NOTE: This class qualifies for the 2019 BeWell Engagement incentive*

Instructor: Gretchen George, PhD, RD, is an Assistant Professor in Nutrition at San Francisco State University. Prior to her faculty position, she worked at Stanford Prevention Research Center as a Research Dietitian on multiple weight loss studies.

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KURBO – SIMPLE “TRAFFIC-LIGHT” WEIGHT LOSS PROGRAM

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.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

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PERSONALIZED NUTRITION COACHING

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgemental setting to explore your individual nutrition needs, challenges, and goals. In these 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will re-energize your pathway to well-being.

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs. Please note: The first session is 1 hour, followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

Coach: Christina Becker, MPH, RDN, NBC-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 14 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. Christina provides guidance on a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes, GI conditions, and nutrition for athletic performance. She will support you with a compassionate and caring approach, and get you from “I should” to “I want and will” and, ultimately “I do”.

Coach: Joanne Ambras is a Certified Nutrition Educator and Wellness Coach. She is a BeWell Coach, a nutrition counselor in private practice, and coach at a Silicon Valley Fortune 50 company. Joanne’s areas of focus include: plant-based diets, healthy digestion, eating strategies to help lower cholesterol, glucose, or blood pressure, and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual’s unique body, lifestyle, food preferences, and health goals.

Coach: Shauna Hyde is a registered dietitian and a certified diabetes educator with over 15 years of experience. She specializes in diabetes prevention and management, cholesterol management, weight loss and blood pressure control. She has worked at the Stanford Prevention Research Center and the Palo Alto Medical Foundation on research projects that primarily provide lifestyle and cardiovascular risk factor reduction education to study participants. Shauna can help you improve your diet with simple, realistic modifications.
WEIGHT MANAGEMENT: THE JOURNEY CONTINUES

Many of us are able to initiate lifestyle changes, but not all of us are successful at maintaining them. This is particularly true when it comes to weight loss: not because it’s necessarily difficult, but rather because so many of us aren’t aware of the key factors that lead to optimal success. This 6-week class will serve as a resource for participants who experience inevitable challenges but remain committed. You’ll learn to think more creatively about your weight loss, and learn new ways to build on your success to make it sustainable. We’ll cover lesser-known strategies, focus on your unique challenges, and have some fun in the process. Each class will focus on a specific theme where the instructor/mentor will provide new information designed to generate group discussion, discovery, and peer support.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Facilitator: Linda Adler, MPH, MA, is the Founder and CEO of Pathfinders Medical, as well as the Principal at Linda Adler Consulting. A former Stanford student and health policy researcher, Linda found success with her own weight management issues through the HIP weight management class. She is eager to share both her personal experience and professional coaching background to help others achieve their goals.

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<tr>
<th>DAY/DAY</th>
<th>LOCATION</th>
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<tr>
<td>MON 2/3/11 5:30-7:00pm Psychiatry Bldg. (401 Quarry Road), Rm 1211</td>
<td>$250 (stap/ea. YES</td>
<td>wmbf-02</td>
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CHECKUP AND CHOICES – CONFIDENTIAL DIGITAL PROGRAM FOR DRINKING AND DRUG USE

CheckUp & Choices (C&C) is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported: randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

The CheckUp is a 45-minute brief intervention that gives you objective, non-judgmental feedback about your drinking. The CheckUp can be used as a stand-alone intervention or as a jump start to the Choices modules. The Choices modules are based on cognitive behavioral therapy (CBT) techniques that help you achieve your goal of moderation or abstinence; tools such as drink trackers, urge trackers, guided emails, and text reminders keep you engaged and on track. You can access your online account from any smartphone, tablet or desktop, so support is always within reach while keeping your data 100% private.

C&C also offers abstinence programs for opioids, marijuana and stimulants.

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<th>Day/Date</th>
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<tbody>
<tr>
<td>Rolling start</td>
<td>Self-paced</td>
<td></td>
<td>$175 (per ea. yes)</td>
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</table>
PREVENTION & MEDICAL MANAGEMENT

CPR & AED
CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

Two dates to choose from:

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<tr>
<th>Day</th>
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<th>Fee</th>
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<td>cpr-02</td>
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FIRST AID
This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

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<th>Day</th>
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<th>Time</th>
<th>Location</th>
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</table>

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 225 Stanford University employees have already enrolled!

You’ll learn new strategies related to nutrition and 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 lbs in 16 weeks. Register anytime and begin the program within 2 weeks of your registration date.

NOTE: This class qualifies for the BeWell Engagement incentive

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.

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<td>Rolling start</td>
<td>Self-paced 16 weeks, with maintenance up to a year</td>
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SMOKING CESSATION: INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP has partnered with Stanford Benefits to offer this FREE tobacco cessation program for benefits-eligible University employees along with their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.

This program begins with an initial 20-minute intake phone call followed by one 60-minute in-person consultation on the Stanford campus. Following the in-person consultation, the instructor and the participant move forward with sessions that support the process of letting go of tobacco. Participants typically find that 10 sessions over one year are helpful to support quitting process.

Instructor: Jayna Rogers, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, smoking cessation, weight management, women’s health and wellness coaching for long-term behavior change.

<table>
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<tr>
<td>12 Sessions: Stanford University &amp; families</td>
<td>$0</td>
<td>sciq-04</td>
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<tr>
<td>12 Sessions: Community</td>
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STRESS AND RESILIENCY

NEW | EMPATHY AND RESPECT IN ACTION

Want to transform your good will into positive change? Research has shown that volunteerism not only has a positive impact on happiness, self-esteem, and life satisfaction, but also increases our sense of control and our physical health.

Empathy, the ability to put ourselves in others shoes and experience their pain, can feel depleting. But, by putting our empathy into action, with compassion, we access the part of the brain associated with love and caring. The result is a relief from personal distress.

In this 4-session class, you'll put your good intentions into action! Guided by principles of community engagement and the Stanford HAAS Center’s 6 Pathways of Public Service, in-class sessions will explore ways to make your outside-class experience in the community most effective. Through group discussion and activities, you will learn strategies to address personal barriers, and identify individual talents and interests that you can bring to your community. Through contemplation and reflection exercises, you will deepen your understanding of your innate altruism.

For this course, we will focus on the issue of homelessness to practice and apply strategies learned in class, with the goal of being able to apply these skills to all future community service endeavors.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Christy Matta, MA, is the Wellness on Wheels Manager for the Health Improvement Program and has worked in non-profits and local government overseeing programs for disadvantaged people those with disabilities for over 20 years.

Joanne Ambras is a BeWell Coach and her vision is to help end homelessness through productive relationships with community and campus organizations, engaging employees, and mentoring high school students who will become the next generation of advocates.

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<tr>
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<td>$200 (stap/ea yes)</td>
<td>era-01</td>
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STRESS AND RESILIENCY

FINDING INNER BALANCE WITH HEARTMATH™

We all have the power to use our hearts to transform stress and enhance our personal and work life. This fun, interactive science-based program teaches you techniques you can immediately apply to increase focus and energy, improve sleep, and reduce the symptoms of stress and anxiety. Each participant will receive an innovative app-based biometric device that can help manage the overwhelm of stress in real time. This technology, together with behavioral techniques learned in the workshop, are designed to enhance your ability to self-regulate emotions and physiological responses, or choose how you feel independent of what’s happening around you.

HeartMath serves hundreds of organizations worldwide, including Stanford University (for more than 20 years), Boeing, NASA, Yosemite National Park, Cisco, the Mayo Clinic and Kaiser.

NOTE: Each participant will receive an app-based sensor device called the Inner Balance Bluetooth® sensor for Android and iPhone. The sensor works on Apple iOS v9 and newer or Android v5 and newer. Before you come to class, please download the free Inner Balance App from the App Store for iOS, Google Play for Android, or Amazon for Kindle Fire.

Instructor: Bruce Cryer is the Founder of Renaissance Human, and Senior Advisor and former CEO HeartMath (11 years). Bruce has taught a variety of programs at Stanford since 1997.

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<td>$275</td>
<td>heart-01</td>
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The meaning of life is to find your gift. The purpose of life is to give it away.

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

Do you ever feel a need for greater professional or 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, we will take a methodological approach to understanding the importance of purpose, finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life.

Join us, as we:

- Identify the health benefits of having purpose in life (reduced anxiety, better sleep, lower mortality to name a few),
- Recognize and prioritize our values,
- Define the positive impact of value-based behaviors on health,
- Uncover our personal passion and talents/gifts through reflection, worksheets, and guided discussion,
- And align our values, passions, and gifts with purpose.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Jayna Rogers, MPH, is the BeWell Employee Incentive Program Workshop Manager. She has been a health educator and researcher at the Stanford School of Medicine for 20 years.

Susan Saba, MA, MPH, is Lead Coordinator for Athletics Research and Education at the Stanford Center for Clinical Research. She has a background in health education program planning, group facilitation, and health behavior change.

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<td>$200</td>
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NEW | LOVING AN ADDICT WHILE LOVING YOURSELF – A FACILITATED BOOK DISCUSSION

This FREE facilitated book study group is offered in collaboration with the Stanford Faculty Staff HELP Center

Individuals whose loved ones are coping with addiction are encouraged to attend this two part class. Skilled therapists and facilitators will lead a discussion of the book Loving an Addict, Loving Yourself: The top 10 Survival Tips for Loving Someone with an Addiction by Candace Plattor. In the first session, a review of the strategies described in the book, will be discussed. Time will be provided for participants to identify ways in which they can apply the principles from the book to their lives.

The follow up session will enable participants to debrief about their experiences, and in a supportive group, discuss effective ways to practice and sustain healthy self care while caring for someone with addiction. Participants are expected to attend both sessions, and are strongly encouraged to read the book before the class.

NOTE: Books are not included as a part of the course.

Facilitators:

Vinutha Mohan, LMFT, is a therapist at the Stanford Faculty Staff HELP Center. Her work specialties include trauma counseling and relationship counseling.

Rosan Gomperts, LCSW, is the Director of the Stanford Faculty Staff HELP Center. Her clinical interests include fostering communication skills, facilitating difficult conversations, couples’ works, and helping clients manage their life circumstances and experiences.

Debbie Balfanz, PhD, is the Group Behavior Change Manager for the Health Improvement Program (HIP) and provides individual wellness coaching. She has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002.

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<td>WED</td>
<td>1/30 &amp; 2/6</td>
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NEW | MAKING FRIENDS WITH STRESS: MAXIMIZING OPPORTUNITIES FOR GROWTH

Finally, some good news about stress! Recent scientific data has found that there are some real benefits to stress. Times of stress can be opportunities for learning, personal growth, happiness, improved performance, and deeper social interactions. Building on the work of Alia Crum, PhD (Stanford Psychology), this 4-session class will cover the research on the different approaches to stress. Specifically, we will discuss the benefits of having a “stress is enhancing” mindset; strategies for appreciating stress and harnessing that energy; and ways to reduce stress by incorporating creative play into daily life and engaging in mindfulness practices and relaxation techniques.

Emphasis will be placed on incorporating lessons from class into your daily routine.

NOTE: This class qualifies for the 2019 BeWell Engagement incentive

Instructors: Debbie Balfanz, PhD, is the Group Behavior Change Manager at the Health Improvement Program (HIP) and provides individual wellness coaching. She has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002. In addition, Deborah is on her own personal journey to learn how to “make friends with stress.”

Dominique Del Chiaro, MeD, is the Healthy Living Manager at the Health Improvement Program (HIP), a seasoned educator, a transpersonal life coach, a dance and fitness instructor and mentor teacher. She is an avid meditator and has facilitated wellness courses for over 25 years.

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MARTIAL ARTS FOR THE MIND: STRESS AND RESILIENCY SKILLS FOR THE WORKPLACE

Gain clarity of mind and an increased capacity to meet and overcome life’s challenges. This training provides both physical and cognitive techniques to transcend the negative impacts of stress, and to increase our capacity to bounce back from adversity. Navy Seals use these techniques to calm intense fear before combat; athletes and actors use them to enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it, once present. By practicing the techniques learned in this workshop, you may find you can:

- Understand and communicate more sensitively with others, without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with clinically proven relaxation and meditation techniques that can be done in just a few moments
- Achieve relief from chronic pain, insomnia, and high blood pressure
- Increase mental focus amidst 24/7 hyper-connectivity and distractions

Instructors: David and Karen Gamow have provided this training to over 30,000 people in a wide range of settings from high-tech to government. Their clients include NASA, Citrix, Nokia, Hyatt, GE, U.S. Navy and many Stanford departments over the past 20 years.

PERSONALIZED STRESS REDUCTION

This 3-session personalized program is designed for people who would like to understand and learn ways to better manage the stress in their lives. Practicing mindfulness has been empirically shown to improve quality of life and reduce the symptoms of stress, whether it manifests as anxiety, depression, physical agitation, or illness. With 1:1 support in a comfortable, individualized setting, you will be introduced to mindfulness techniques such as breath awareness, meditation, body scan, and gentle yoga and begin to develop a practice that resonates with you and fits into your lifestyle. We will also practice awareness of automatic thoughts, re-framing, and connecting to the values that inform the life you want to lead.

You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas, is the Founder of Mindful Wellness, and delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for the Stanford Health Improvement Program.

WISDOM THERAPY – ALL YOU NEED IS LOVE . . . AND WISDOM

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, well-being, and avoid suffering.

In this 1-day course, we will learn about and practice wisdom skills that have scientifically been found to enhance love and relationships. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes and engaging activities this course is designed to be fun and practical.

NOTE This class qualifies for the 2019 BeWell Engagement incentive

Instructor: Shani Robins, PhD, is a licensed Psychologist, a National Institute of Mental Health Fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute https://www.wisdomtherapy.com
Would you like to take a deeper dive into a wellness topic, and get paid for it?

In the fall of 2017, a new option to earn your BeWell Engagement incentive was launched through the Stanford HIP Healthy Living Program. These classes draw from the sciences to provide the most effective and enjoyable approaches to well-being. Each class is designed to educate and provide skills to support sustainable, health-enhancing behavior change.

This winter, 2019, we have 15 Healthy Living classes that qualify for the highest BeWell Engagement incentive of $260. Class topics range across the health categories so that you can find a topic most meaningful to you. Both in-person and online Engagement classes are available.

All Engagement classes are STAP funds eligible. Attendance requirements apply in order to receive the incentive.

Are you choosing a different option to earn the $260 incentive? No worries, all HIP Healthy Living classes are BeWell Berry eligible, and you can earn a Berry in place of the higher incentive.

In addition to complying with the attendance requirement, to earn this incentive, you will need to complete the SHALA, Wellness Profile before, during or after completion of your Engagement Class.

For more information about the Class option for BeWell Engagement, please go to bewell.stanford.edu