Welcome to a summer of Healthy Living
and online learning!

To support your effort to stay healthy and resilient through changing times, the Healthy Living Program has moved all courses online. This summer, we are excited to bring 26 brand new classes in addition to our bounty of core health education and wellness programs. Learn, experience, and enjoy!

**SUMMER 2020 ONLINE CLASSES**

**Summer Engagement Classes**

**Contemplative Practices**
- 5 KEYS TO A HAPPIER LIFE
- NEW | FINDING FREEDOM WHERE FEAR AND COURAGE MEET
- HEADSPACE – MEDITATION MADE SIMPLE
- NEW | LIVING MINDFUL – MINDFULNESS PRACTICES THAT WORK
- MINDFULNESS-BASED STRESS REDUCTION (MBSR)
- NEW | THE WEB OF WELL-BEING – WEAVING THE VALUES THAT SUSTAIN US

**Environmental Health**
- ACTIVE TRANSPORTATION COUNSELING™
- CLIMATE CHANGE – WHAT YOU CAN DO
- IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

**Health Enrichment**
- NEW | CREATE YOUR OWN HOME WORKOUT
- CREATIVITY AS YOUR PERSONAL WELL-BEING STRATEGY
- NEW | HARNESS YOUR POSITIVE ENERGY – BECOME A POSITIVE ENERGIZER
- NEW | HOW TO THRIVE WHILE WORKING REMOTELY
- NEW | LOVE (& LIFE) IN THE TIME OF COVID-19
- NEW | MOVE MORE, SIT LESS
- NEW | OVERCOMING SELF-JUDGMENT WITH SELF-COMPASSION
- PERSONALIZED FITNESS DESIGN
- PERSONALIZED WELLNESS
- NEW | REACHING THE GOALS YOU REALLY WANT
- SIT AND STAND COMFORTABLY AT YOUR COMPUTER STATION

**Nutrition & Weight**
- NEW | SLEEP YOUR WAY TO HEALTH AND HAPPINESS
- SLEEPPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM
- SPINEFULNESS – FOCUS ON BONES
- SPINEFULNESS – SUMMER FOUNDATIONS INTENSIVE
- NEW | TAKE CHARGE! GUIDED ADVANCE CARE PLANNING
- NEW | TAKING CONTROL OF YOUR HEALTH IN UNCERTAIN TIMES
- THE HEROIC JOURNEY – A CREATIVE PATH FOR PERSONAL TRANSFORMATION
- NEW | TINY HABITS – THE SMALL CHANGES THAT CHANGE EVERYTHING
- NEW | WELL-BEING BEFORE WORK
- NEW | WELLNESS IN YOUR HOME GARDEN

**Prevention & Medical Management**
- BETTER CHOICES BETTER HEALTH
- CHECKUP & CHOICES
- DIABETES PREVENTION – HOW TO REDUCE YOUR RISK
- OMADA – ONLINE WEIGHT-LOSS PROGRAM
- SMOKING CESSATION – INTENTIONAL QUITTING

**Stress & Resiliency**
- FINDING INNER BALANCE WITH HEARTMATH™
- GIVE UP THE GRUDGE – THE HEALING POWER OF FORGIVENESS
- NEW | OVERCOMING SELF-JUDGMENT WITH SELF-COMPASSION
- PERSONALIZED SLEEP IMPROVEMENT
- PERSONALIZED STRESS REDUCTION

**NEW | SLEEP YOUR WAY TO HEALTH AND HAPPINESS**
HEALTHY LIVING REGISTRATION INFORMATION & POLICIES

- REGISTER FOR ALL HEALTHY LIVING CLASSES ONLINE AT HIP.STANFORD.EDU

- REGISTRATION PAYMENT OPTIONS
  - Credit Card
  - Check/Cash
    ** This option is not currently available. The Health Improvement Program office is temporarily closed due to COVID-19 health concerns and our staff are working remotely. For questions, please contact healthimprovement@stanford.edu.
  - STAP Funds for University Staff
    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. We ask that you register and pay for your class 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.
  - A $10.00 processing fee will be charged for credit card refunds.
  - No credits or refunds will be issued for missed classes.
  - The Health Improvement Program reserves the right to cancel a class when the minimum enrollment is not met. Refunds will be issued for canceled classes.

HEALTHIMPROVEMENT@STANFORD.EDU  |  (650) 723-9649  |  HIP.STANFORD.EDU

Class times, locations, and instructors are subject to change from the listing in this schedule of classes.
Please refer to hip.stanford.edu for the most current information.
Would you like to take a deeper dive into a wellness topic and get paid for it?

This summer, HIP has 20 Healthy Living offerings that qualify for the highest BeWell Engagement incentive of $260. Topics range across the health categories so that you can find a learning experience most meaningful to you. Like all of HIP Healthy Living offerings, these programs draw from the sciences to provide the most effective and enjoyable approaches to well-being. To accommodate rapidly changing expectations around the current health crisis, all of our Engagement classes will be offered online. Each class is designed to educate and provide skills that support sustainable and flexible health-enhancing behaviors that can be applied in any environment.

All Engagement classes are STAP funds eligible. Participants must attend at least 80% of the class to receive the incentive.

**Online Offerings**
- 5 Keys to a Happier Life (p. 5)
- Better Choices Better Health Digital Program for Health Conditions Self-management (p. 23)
- Climate Change – What You Can Do (p. 8)
- Creativity as Your Personal Well-Being Strategy (p. 9)
- Finding Freedom Where Fear and Courage Meet (p. 5)
- Give Up the Grudge – The Healing Power of Forgiveness (p. 25)
- Kurbo – Simple “Traffic-light” Weight Loss Program (p. 16)
- Mindfulness-Based Stress Reduction (p. 6)
- Omada™ Online Weight-Loss Program for Prevention of Diabetes & Heart Disease (p. 24)
- Sleepio – Digital Sleep Improvement Program (p. 13)
- Taking Control of Your Health in Uncertain Times (p. 15)
- The Heroic Journey – A Creative Path for Personal Transformation (p. 16)
- The Web of Well-being – Weaving the Values that Sustain Us (p. 7)
- Wellness in Your Home Garden (p. 17)

**Personalized Offerings**
- Nutrition (p. 18)
- Mentoring for Weight Loss (p. 17)
- Fitness Design (p. 12)
- Sleep Improvement (p. 26)
- Stress Reduction (p. 26)
- Wellness (p. 12)

Find more information about BeWell Engagement incentives at bewell.stanford.edu
5 KEYS TO A HAPPIER LIFE

What does it really mean to be happy? While some people seek happiness in external factors, research has found that the true keys to happiness come from within. It does take some work on your part, but by making small adjustments in mindset and behavior, you can reap the rewards of a happier life.

In this 5-week online engagement class, we will explore the factors that have been shown to increase levels of happiness. Each week will focus on one key to a happier life: gratitude, self-acceptance, generosity, social connections, and loving-kindness. Through guided meditation, self-reflective worksheets, large and small group discussion, and learning videos, you will learn how to integrate these “happiness habits” into your daily life. As you discover how to shift your perspective of yourself, others, and life events, you will naturally feel better about your life.

NOTE This class qualifies for the 2020 BeWell Engagement incentive

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

NEW | FINDING FREEDOM WHERE FEAR AND COURAGE MEET

Cultivate tools to be your best self during this unprecedented time in history. In this 5-week online engagement class, you will discover how you can sustain courage and skillfully relate to fear through science and contemplative wisdom. Develop knowledge and skills that support your resilience, wisdom, and compassionate action toward yourself and others.

Each week we will explore a pro-social trait featured in Roshi Joan Halifax’s book Standing at the Edge: Finding Freedom Where Fear and Courage Meet. Chapter titles are: Altruism, Empathy, Integrity, Respect, Engagement, Compassion.

Guided contemplative practices will commence each class and conversation inspired by the reading will be the core of this interactive, experiential, and dynamic class. Participants will be asked to read from Halifax’s book each week (about 40 pages per week) in order to create skills and a realistic action plan for compassionately caring for themselves and their community. Prior to the first class, please obtain a copy of the book and read both the Introduction and Chapter 1.

NOTE This class qualifies for the 2020 BeWell Engagement incentive

Instructor: Tia Rich, PhD, is the founder and director of Contemplation by Design. She has been integrating contemplative practice into resilience, stress management, and career training programs and academic classes at Stanford University and Medical Center since 1984.

HEADSPACE – MEDITATION MADE SIMPLE

Brilliant things happen to calm minds. 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.

Headspace is meditation made simple, teaching you the life-changing skills of meditation and mindfulness in just a few minutes a day. Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, reduce stress, and reduce mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. And meditation generally has evidence for improving sleep, anxiety, working memory, pain management, and other outcomes.

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 such as pain management, relationships, and creativity and last anywhere from 2 to 60 minutes. Completing the basics series is recommended before progressing to other packs. The basics series gives you a solid base on which to build your practice.
NEW | LIVING MINDFUL – MINDFULNESS PRACTICES THAT WORK FOR YOUR LIFE

The benefits of mindfulness do not have to come from sitting in silence on a mat. Through practice and intention, embodied mindful moments can happen anywhere and in many different ways. In this afternoon online workshop, you will explore different mindful meditation experiences while sitting, walking, and doing, so that you can expand your ideas of how to be mindful. Invitations to include the body, sensation, movement, and even emotion into your experience will help you to see what resonates for you. You will practice three variations of simple mindfulness exercises and choose two practices that you can do at home each day. By the end of the class, you will be able to identify what is a good fit for you and your life at this moment and gain the skills you need to be able to bring this important practice for well-being into your life.

Instructor: Melissa Fritchle, LMFT, is a writer, workshop leader, certified mindfulness meditation teacher, and licensed marriage and family therapist. An award-winning educator, she has a vibrant private practice in Santa Cruz, CA, and travels internationally to speak and teach about positive self-awareness and body love.

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MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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 UMass 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 access to recorded guided meditations and the course text *Full Catastrophe Living* by Jon Kabat-Zinn.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

Two classes to choose from:

Instructor: Mark Abramson, DDS, is the founder and facilitator of the Mindfulness-Based Stress Reduction programs at Stanford. He has practiced dentistry in the Bay Area for more than 30 years, specializing in the treatment of chronic pain and temporomandibular disorders.

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NOTE: Retreat tentatively scheduled for Saturday, August 1, from 9:00am - 5:00pm in Li Ka Shing, Room 101/102.

Instructor: Patty McLucas, founder of Mindful Wellness, delivers programs in stress reduction, mindful eating, sound sleep, and mindful leadership communication. A wellness consultant for over 20 years, Patty teaches mindfulness meditation for Stanford’s Cancer Supportive Care Program and teaches mindfulness, meditation, and stress reduction for organizations including Apple Computer and Google.

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NOTE: Sunday Online Retreat: August 9, from 9am - 1 pm
ACTIVE TRANSPORTATION COUNSELING™
Learn to gradually expand your non-auto transportation without aiming for perfection. 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.

The program consist of one 15-minute initial call, followed by two 30-minute sessions by phone. You will be contacted within 5 business days of registration to schedule an appointment.

Instructor: Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program.

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**NEW | THE WEB OF WELL-BEING – WEAVING THE VALUES THAT SUSTAIN US**
Renew, refresh and restore yourself with short stories, poems and contemplative practices that nourish connection to your values and strengthen the web of your well-being. Each week in this 4-session online engagement class will highlight special strands in the web, including the strands of family and friendship, community and nature, and time and spirit. Guided contemplative practices will commence each class and conversation inspired by readings will be the core of the class.

Participants will receive support for creating an action plan for caring for their web of well-being. During the first class we will cultivate intention for creating the web of well-being. Subsequent classes will focus on specific strands of the web. Enjoy tending your well-being with this interactive, experientially dynamic process inspired by contemplative practices and class readings from authors including Alice Walker, Richard Louv, Mary Oliver, David Whyte, Father Thomas Keating, Thich Nhat Hahn, Emily Dickinson, and Eavan Bolan. Participants will be provided information about reading to complete prior to class each week.

**NOTE: This class qualifies for the 2020 BeWell Engagement incentive**

Instructor: Tia Rich, PhD, is the founder and director of Contemplation by Design. She has been integrating contemplative practice into resilience, stress management, and career training programs and academic classes at Stanford University and Medical Center since 1984.

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CLIMATE CHANGE – WHAT YOU CAN DO

Climate disruption is one of the foremost challenges of our time and has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO2), the primary cause of climate change, has increased to levels never observed before. With the United States’ withdrawal from the Paris Climate Accord, many people 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 footprint, and, in the process, save money, increase community, and improve health.

This 3-session online engagement 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. You will learn how to green your transportation at your own pace, save energy at home, improve recycling efforts, make greener financial decisions, incorporate dietary changes, impact policy, and engage in citizen action, if desired. Through the instructors' combined two decades of professional experience, the latest research in behavioral science, and facilitated group support, this class will help you make a real difference.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive. This class is also approved for the Cardinal Green financial incentive. Details at http://sustainable.stanford.edu/my-cardinal-green.

Instructors: Steve Attinger, MBA, CGBP, is the environmental sustainability manager for the City of Mountain View. Jane Rosten, MSW, LCSW, is the environmental behavior change program manager for the Stanford Health Improvement Program.

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IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Join this online class to hear from local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug-in hybrid EVs; EV charging at home, work, and in public spaces; range anxiety concerns; battery longevity; buying vs. leasing; and the environmental, economic, and personal benefits of EV adoption.

This class is also approved for the Cardinal Green financial incentive. Details at http://sustainable.stanford.edu/my-cardinal-green.

Instructors: Jim Barbera is a systems engineer at ChargePoint, the nation's largest charging company. He is versed in all aspects of EV life, including leasing, buying, charging, maintenance, installing charging stations as well as solar panels. He is now an experienced EV driver (95,000 electric miles) and has driven nearly all makes and models of EVs. Jane Rosten, MSW, LCSW, is manager of the environmental behavior change program for the Stanford Health Improvement Program. She initiated HIP's electric vehicle classes in 2015 when she became the happy owner of an EV.

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NEW | CREATE YOUR OWN HOME WORKOUT

We all know that exercise is important for our overall health and well-being. But despite our best intentions, many people find it hard to establish the habit of a consistent workout. Some have just never gotten an exercise routine off the ground. For others, gym closures, cancelled exercise classes, and changing routines in recent months may have derailed them from their exercise goals.

If you are ready to start – or restart – your exercise routine at home, this noontime webinar is for you. Join us to discover how to design your own safe, well-rounded, effective workout using the equipment and space you have available to you. You will learn recommended exercise guidelines and principles to set realistic, healthy goals and explore ways to support your exercise when motivation wanes and challenges arise. The good news is that whatever your age or fitness level, there are steps you can take to make exercise less intimidating and more fun. Please wear comfortable clothing that allow you to move and join in the action.

Instructors: Nikki Downing is the associate manager for group fitness with the Stanford Health Improvement Program. She has been a certified personal trainer and group fitness instructor since 1999 and has trained US military forces, NFL players, and top executives from Nike, Twitter and Google. Jerrie Thurman, MA, is a senior wellness program manager with the Stanford Health Improvement Program and a wellness coach for Stanford BeWell, with 35 years of experience as certified fitness instructor.

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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 love for your work? Do you make time to nurture yourself and your highest aspiration for living? Do you have an unfulfilled need to be creative again or to experiment with new creative forms?

We all need creativity to solve problems, start important projects, repair relationship challenges, help others in need, and simply to be the fullest expression of ourselves. Thanks to significant research in disease prevention, longevity, and optimal health and well-being, we now know that creativity is great for our mental, emotional, physical, and spiritual 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 clearer.

In this 3-session online course, you will be immersed in exploring your own creativity through music, art, dance, creative writing, and photography. You will learn hands-on through a creative project of your choosing, integrating the 5 catalysts of mindfulness, movement, nature, playfulness, and artistic expression to keep creativity alive as your personal well-being strategy. Each participant will receive a link to 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.

Please note the 3 class dates: Class 1 on Monday, August 10. Classes 2 and 3 on Fridays, August 14 and 21.

NOTE: This class qualifies for the 2020 BeWell Engagement Incentive.

Instructor: Bruce Cryer is the founder of Renaissance Human, former CEO of HeartMath, an executive coach and mentor. He has taught at Stanford in the Health Improvement Program and the Graduate School of Business since 1997.

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NEW | HARNESS YOUR POSITIVE ENERGY – BECOME A POSITIVE ENERGISER

You probably have come across a few positive energizers in your life: the people that seem to effortlessly light up a room, cheer you up when you are down, and diffuse energy to everything and everyone they touch.

Research has found that those who positively energize others are higher performers and tend to enhance the performance of others. Further, high performing organizations have three times more positive energizers than low performing organizations. So what does this mean for you, your career, and your well-being? The good news? These skills are learnable and growth enhancing.

Join us for this noontime webinar to expand your personal power, upgrade your mindset, and learn how to positively impact those around you. Drawing on research from Kim Cameron and others, you will learn how to seek “positive deviance,” ask energizing questions, reset your view of “failure,” and take ownership of your future. Walk away with life enhancing skills that can easily be put into practice, improving both your professional life and personal well-being.

Instructor: Patty Purpur de Vries, MS, is the director of strategy, outreach and innovation for Stanford’s BeWell Programs and an ambassador for the Stanford Medicine WellMD Center.

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NEW | HOW TO THRIVE WHILE WORKING REMOTELY

Working remotely presents unique challenges to well-being. While telecommuters may escape the stresses of commute traffic and get to work in their sweatpants, they may also feel isolated and out of touch with their team, have trouble setting and maintaining healthy boundaries between work and personal time, and lack the structure that helps build healthy routines.

In this noontime webinar, we’ll get beyond the hurdles of remote work and explore the opportunities it can bring for you to thrive. You’ll learn how to set healthy routines and support the three pillars of wellness – exercise, nutrition, and restful sleep. Whether you are a veteran of remote work or a recent Shelter in Place recruit, you will walk away with tools and resources to add some peace, structure, and balance to your telecommute.

Instructors: Dominique Del Chiara, Me,D, is the senior manager of the Stanford Health Improvement Program Healthy Living Programs. She has facilitated healthy workplace classes and professional development workshops for over 25 years. Lizabeth Cutler, MBA, is the director of evaluation at the Stanford Graduate School of Business MBA Admissions and Financial Aid Office. She worked remotely for a decade before joining Stanford, with a focus in leadership development, mediation, healing, and the visual arts.

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NEW | LOVE (& LIFE) IN THE TIME OF COVID-19 – KEEPING IT TOGETHER WHEN THE WORLD FEELS LIKE IT’S FALLING APART

Inspired by Gabriel Garcia Marquez’ novel Love in the Time of Cholera – this webinar offers information, tips, and, most importantly, hope during these uncertain times.

Through a combination of stories, science, psychology, philosophy, and literature, this noontime session provides insights as well as practical strategies to help you sustain well-being, purpose, and a sense of meaning. Although we may have little control over the current circumstances, we have infinite power as to how we respond to them. By focusing our energy on the things we can control, including the basic fundamentals of good health and well-being, we can become empowered to not simply endure this season of adversity, but to live fully in the midst of it.

Instructor: Laura Putnam, MA, is CEO and founder of Motion Infusion, a leading well-being and learning provider. An author and speaker, her work has been featured by major news outlets including the New York Times, MSNBC, and NPR. She teaches at Stanford University and is the recipient of the American Heart Association’s “2020 Impact” award as well as the National Wellness Institute’s “Circle of Leadership” award.

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NEW | MOVE MORE, SIT LESS – EASY STRATEGIES TO BRING MORE MOVEMENT INTO YOUR DAY

Research has linked prolonged sitting with a number of health concerns, from obesity and higher blood pressure to an overall greater risk of death from cardiovascular disease and cancer. The good news is that incorporating more movement of any kind into your day can have a profound impact in reducing those risks.

In this interactive webinar, we’ll demonstrate some simple, light activities you can do to move more during your workday, whether at home or in the office. You’ll learn the latest research on the health effects of inactivity and health benefits of being physically active. We’ll cover simple stretches that can relieve tight muscles and explore easy ways to add cardio and strength exercises in 30-minutes or less. You’ll walk away with the motivation and tools you need to make small, achievable changes to bring more movement into your daily life.

Please wear comfortable clothing that allow you to move and join in the action.

Instructor: Jerrie Thurman, MA, is a senior wellness program manager with the Stanford Health Improvement Program and a wellness coach for Stanford BeWell, with 35 years of experience as certified fitness instructor. Nikki Downing is the associate manager for group fitness with the Stanford Health Improvement Program. She has been a certified personal trainer and group fitness instructor since 1999 and has trained US military forces, NFL players, and top executives from Nike, Twitter and Google.

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NEW | OVERCOMING SELF-JUDGMENT WITH SELF-COMPASSION – LESSONS FROM THE EMERGENCY DEPARTMENT

Emergency Medicine is one of the most stressful jobs out there. Emergency physicians must routinely make split-second decisions based on limited information, switch tasks from one adverse scenario to another, and field constant distractions and interruptions, often on insufficient sleep. The emotional impact of medical errors and vicarious trauma has been compared to developing post-traumatic stress disorder.

Fortunately, studies have shown that cultivating self-compassion can help emergency physicians mitigate the negative impacts of stress and prevent burnout. While not all of us work in the emergency room, the lessons learned from the front lines can help everyone face the stressors they encounter in their own lives.

In this noontime webinar, we will explore the science behind compassion and how it can foster a culture of caring in medicine and beyond. While we have no control over many of the stressors in our lives, how we respond to them affects our outlook and well-being. Everyone, including those outside of healthcare, can benefit from these practical strategies on managing stress, aiding recovery, and dealing with the residue of trauma.

Instructor: Afai Alvarez, MD, FACEP, FAAEM, is an assistant clinical professor in Emergency Medicine, assistant program director in the Stanford Emergency Medicine Residency Program, and co-chair of the Stanford WellMD's Physician Wellness Forum. He focuses on the interdependence of residency well-being with performance improvement in the patient experience, quality, and patient safety and has given several grand rounds and national conference lectures and workshops on relevant topics in gratitude and compassion, physician wellbeing, burnout, and the imposter syndrome.

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PERSONALIZED FITNESS DESIGN

This 3-session individualized program is designed for those who would like guidance and/or support to begin, sustain, or ramp up their exercise endeavors. Whether you’d like to start a walking program, improve your cardiovascular function, body composition, flexibility, or just explore new ways to get active, these 31 sessions with an experienced exercise physiologist and wellness coach will help you to create a safe, fun, and effective plan of action. Meeting three times in a supportive and non-judgmental space, you will be able to set goals, review progress, explore challenges, and refine your plan to make physical activity a rewarding and core component of your healthy lifestyle. This is a non-gym-based program focused on empowering individuals to become self-managers of their health. The first session is 1-hour followed by two 45-minute sessions. You will be contacted within 5 days of registration for scheduling.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Coach: Nikki Downing has worked as a certified personal trainer and group fitness instructor since 1999 and has trained US military forces, NFL players, and top executives from Nike, Twitter and Google. She is currently the associate manager for group fitness with the Stanford Health Improvement Program, where she manages HIP’s fitness program.

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Coach: Cecille Tabernero, MS, holds a degree in kinesiology and is the health screening manager for the BeWell program. She has more than 20 years of experience in the field of exercise physiology, personal training, health, and wellness. She believes in meeting people where they are in order to build a foundation and establish rewarding and sustainable healthy habits.

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PERSONALIZED WELLNESS

Are you eager to make lasting change in an important area of your well-being? Tired of using quick-fix solutions that only add up to temporary change?

Wellness coaching is for individuals who have an interest in making broader life changes. During these 5 wellness coaching sessions, you will work one-on-one 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, followed by 4 subsequent 15-30 minute conversations.

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 or Personalized 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. You will be contacted within 5 business days of registration to schedule an appointment.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Julie Anderson, MPH, has been with Stanford’s Health Improvement Program since 1991. She is the manager of the BeWell Wellness Profile Program. Julie has a BS in health fitness, a master’s in public health, a wellness coaching certification through Wellcoaches® and is a National Board Certified Health & Wellness Coach. Julie works with individuals in the areas of weight management, healthy eating and exercise, and other areas to create sustainable behavior change. 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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Elizabeth Buckley Skolnik is a National Board Certified Health & Wellness Coach (NBC-HWC) and a Certified Professional Co-Active Coach (CPCC). She works with individuals wishing to make lasting behavior change in stress management, wellness, emotional regulation, and living a more balanced life. She brings her experience to the Stanford BeWell Program and the Health Improvement Program, meeting you with compassion, non-judgment, and insight.

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PERSONALIZED WELLNESS continued

Jayna Rogers, MPH, is a certified wellness coach for the Health Improvement Program and manages BeWell Workshops for the Stanford employee incentive program. 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 and smoking cessation.

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Maia Tamanakis has been a coach with the BeWell program for almost four years, and has been a wellness coach for over thirteen years. She has coached a diverse population around physical fitness, nutrition, weight management, life transitions and stress management. Maia uses a firm but gentle approach to behavior change combining compassion, self-inquiry and humor to guide and support others in achieving their goals.

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NEW | REACHING THE GOALS YOU REALLY WANT – BARRIERS, BOOSTERS, AND BABY STEPS

Sometimes it can feel so challenging to make any progress on your goals. The intention is there, but distractions, obligations, doubts, and even your fears can get in the way. If you feel stuck in reaching your goal and are ready to break free, then this class is for you!

In this 2-session workshop, you will learn proven ways to get beyond frustrations, guilt, and that familiar feeling of being squeezed. We will explore ways to clear your vision and move forward. Through reflection and group discussions, you will develop practical and achievable ways to get over those pesky barriers and pave the way for success. Come with one or two concrete goals that you are ready to tackle and leave with a roadmap to progress.

Instructor: Linda Hawes Clever, MD, is a Stanford graduate, former associate dean of alumni affairs of the Stanford School of Medicine, a clinical professor of medicine at UCSF, and a member of the National Academy of Medicine of the National Academy of Sciences. She founded the non-profit RENEW and is author of The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.

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SIT AND STAND COMFORTABLY AT YOUR COMPUTER STATION – REMOTE INDIVIDUAL SESSION

Working from home can present challenges to staying comfortable. The way you use your workstations can make all the difference. These remote individual sessions that take place over Zoom at your workstation (both off and on campus) provide a body-centered approach to optimize your actions while working to reduce sources of tension and pain.

You will receive customized instruction to help alleviate pain in your neck, shoulders, back, and arms, prevent injury, and reverse bad habits before they become chronic. Take the guesswork out of working comfortably. Improve habits and learn to make small adjustments to commonly used actions at your desk while sitting and standing. Please allow 5 days for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with special training for repetitive strain, back, neck, and shoulder issues as well as professional ergonomic experience. She has a cooperative relationship with Stanford Ergonomics and the Department of Environmental Health & Safety.

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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 with 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 the 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 whenever is convenient for you on your computer, tablet, or phone. You’ll also gain access to a library of articles and guides which cover common problem areas, like pregnancy and sleep, shift work, and jet lag. Discover your Sleep Score for free at sleepio.com/stanford.

NOTE: This class qualifies for a 2020 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 – FOCUS ON BONES FOR MORE STRENGTH, MOBILITY, AND FLEXIBILITY

Are your beliefs about aging, mobility, and flexibility limiting you? Come find out how a shift in focus from muscles to bones can open up the ability to become more mobile, flexible, and energetic as you age.

Join us for this noontime Spinefulness webinar to see how you can leverage your bones and give your muscles a break, helping to relieve chronic pain. You’ll discover the Spinefulness view of inflexibility and how this change in outlook can help you recover and keep range of motion, strength, and flexibility in your joints. Learn how to unwind your body by understanding the physics of your own flesh and bone. The despair of a deteriorating body does not have to be tolerated!

Instructor: Jenn Sherer, BS, was freed from her chronic shoulder, neck, knee, bunion, and back pain by the skills and techniques she learned in Spinefulness. She now champions these skills in her studio in Palo Alto, teaching this practical, non-invasive way to resolve muscular skeletal pains and increase overall wellness.

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HEALTH ENRICHMENT

SPINEFULNESS – SUMMER FOUNDATIONS INTENSIVE
Are you plagued by chronic tension, stress, aches, or pains? Are you fit, but injured? Whether you are a high performance athlete or someone who sits all day, having your bones work for you, instead of against you, will relieve your pain and allow your body to regain its natural strength and efficiency. In this 4-session online week-long intensive, we will examine alignment in sitting, standing, bending, walking, and sleeping. You will learn to sense the interplay between muscle tension and bone alignment in all of these activities. Simple yet profound changes will help you find and keep your “spinefulness.” This class is great for beginners or those ready to take their posture awareness to the next level. Please wear loose, comfortable pants to these Zoom classes, i.e. no jeans.

Instructor: Jean Couch is founder of the Balance Center and the author of The Runner’s Yoga Book. For more than 25 years, she has been involved in empirical research studying populations of people who have no back or joint pain.

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NEW | TAKE CHARGE! GUIDED ADVANCE CARE PLANNING
What matters most to you? If you were facing serious illness, what kind of care would you want? If you couldn’t speak for yourself, who would? Planning for your future care can bring peace of mind – to you and your loved ones. Advance care planning is a process that helps you decide and document what kind of care you would want – and what kind you would not want – if you have a health crisis and are not able to communicate or make decisions.

In this free 2-part online course, you will learn more about advance care planning and the steps you can take to help get the care you want, based on what matters most to you. You will be guided through the process of thinking about what is important to you, talking about it with those close to you (including your doctor), selecting someone to act as your representative, and completing an Advance Health Care Directive to document your decisions. At the conclusion of this training, you will have all the information you need to complete your Advance Directives and the tools to do it.

Instructors: Mary Matthiesen is the chief strategy officer with Mission Hospice & Home Care – one of the original and still independent non-profit hospices in California – and has led awareness initiatives on end of life issues internationally. Lynne Siracusa, LCSW, brings more than 30 years of experience at the bedside as a hospice social worker and as director of social work at Kaiser's South Campus, which has informed her understanding of the need for each of us to have a current and complete Advance Directive. Jerry Saliman, MD, is a community ambassador for Mission Hospice and is a Take Charge! trainer. Jerry retired from Kaiser South San Francisco after a successful 30-year career as a physician and is now a volunteer internist at Samaritan House Medical Clinic in San Mateo in addition to his work with Mission Hospice.

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NEW | TAKING CONTROL OF YOUR HEALTH IN UNCERTAIN TIMES
When the world is full of uncertainty, it can feel like good health is just one more thing that is out of your control. But the reality is that there are many changes you can make in your lifestyle that will greatly enhance your health and well-being. In fact, research has shown that simply your belief in whether or not you have control plays an important role in the successful adoption and maintenance of healthy behaviors. Gaining a sense of mastery over your own health can also help increase your feeling of control over other areas of your life.

In this 5-session online engagement class, we will examine the impact that lifestyle choices such as eating, physical activity, sleep, and stress management have on overall health and well-being. Through small group discussion, lecture, and weekly goal-setting, you will learn strategies grounded in behavioral science to help you make sustainable lifestyle changes and then apply those strategies to achieve your wellness goals. Walk away with the skills you need to take back control of your health. After registration, participants will be contacted by the instructor prior to the first class to engage in a short phone call to discuss their wellness goals and expectations and confirm that the class is a good fit.

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Facilitator: Deborah Balfanz, PhD, is the group behavior change program manager for the Stanford Health Improvement Program and has been helping individuals make sustainable lifestyle changes since coming to HIP in 2002.

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THE HEROIC JOURNEY – A CREATIVE PATH FOR PERSONAL TRANSFORMATION

“The 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. 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 online engagement 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!

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Instructor: Dominique Del Chiaro, Me.D, is the senior manager of the Healthy Living Programs, a seasoned educator, transpersonal life coach, dance and fitness instructor, and mentor teacher. She has facilitated healthy workplace classes and professional development workshops for over 25 years.

NEW | TINY HABITS – THE SMALL CHANGES THAT CHANGE EVERYTHING

Sometimes, if you want to make a big change, you have to start small.

Join us for this noontime webinar to discover how tiny habits hold the key to life enhancing behavior change. Backed by 20 years of research at Stanford University, you will learn a system of “Behavior Design” that cracks the code of habit formation. Gain inspiration with breakthrough insights and learn a series of simple steps that you can take to improve your life. In the process you will uncover a startling truth: creating a happier, healthier life can be both easy and fun!

Instructor: BJ Fogg, PhD, is director of the Behavior Design lab at Stanford University and has more than 20 years of experience researching and teaching insights about human behavior. He trains with Fortune 500 companies and has personally coached more than 40,000 people on behavior change, health, productivity, and financial well-being. He is the author of Persuasive Technology and Tiny Habits – The Small Changes that Change Everything.

NEW | WELL-BEING BEFORE WORK – AN INTRO TO PRACTICAL SELF-CARE FOR BUSY PROFESSIONALS

As a busy professional, it can be hard to take time out of your schedule to prioritize self-care. Yet taking care of yourself is not a luxury; it’s imperative. When you are at the bottom of your priority list, it affects not only your health and well-being, but also your relationships and your job performance.

Prioritizing self-care is what allows you to build resilience, make informed vs. automatic responses to life stressors, and optimize your critical thinking to respond to life’s challenges. So many of us are hardwired to prioritize our work before our own well-being. Let’s shift that narrative by learning why and how to prioritize well-being before work.

In this webinar, you will learn the short and long-term consequences of stress and discover practical self-care strategies that can be used to prevent stress from turning into distress. We will explore the science behind our biological and psychological response to stress, how to recognize signs that you’re in distress, and 6 practical self-care strategies that you can incorporate into your life right now to improve your well-being.

Instructor: Shanna B. Tiayon, PhD, is a writer, speaker, and trainer working in the area of well-being. She combines her academic and corporate experience to assist professionals with managing their personal well-being as an integral part of their career strategy. She helps organizations develop diagnostic tools, systems, and training programs that foster employee well-being.
NEW | WELLNESS IN YOUR HOME GARDEN
Rediscover your home garden as a place of productivity, nourishment, and refuge in this 4-week online engagement class. You will have the opportunity to explore your garden from new angles both literally and figuratively through structured activities drawing from traditions of nature observation, agricultural science, and mindfulness that will reveal unique elements of your garden’s character and your personal relationship to it. You will also participate in hands-on activities each week in your home garden, such as digging in the soil, leaf rubbings, pressing leaves or flowers, or mapping.

At the end of the class, you will have a better understanding of your garden from both a scientific and human perspective. By spending this dedicated time in your garden, you will reap the health benefits of time outdoors in nature, acts of care and stewardship, physical activity, and mindfulness.

NOTE: This class qualifies for a 2020 BeWell Engagement incentive

Instructor: Anna Lee is a PhD student in the Emmett Interdisciplinary Program in Environment and Resources (E-IPER). She is a master composter for San Mateo County and holds an advanced certificate in ecological horticulture from the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz and an MS in agroecology from University of Wisconsin, Madison. She also loves gardening, baking, and long-distance running.

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NUTRITION & WEIGHT

A PLANT-BASED APPROACH TO EATING FOR HEALTH AND BEYOND
Confused about what to eat 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 noontime webinar 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 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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NEW | ARE YOUR GENES TO BLAME WHEN YOUR JEANS DON’T FIT?
It is clear that the cause of obesity is eating more calories than you burn. That is physics. What is more complex to answer is why some people eat more than others. In this noontime webinar, you will learn how differences in our genetic make-up mean some of us are slightly hungrier all the time and so eat more. Through data-driven facts, lively anecdotes, and fascinating detail, you will gain insight into the brain control of food intake and the genes that control these functions. The research shows that obesity is not a choice. People who are obese are not bad or lazy; rather, they are fighting their biology.

By understanding the physiology of your body, its hormonal functions, and its caloric needs, you will become empowered to make better decisions and achieve a healthier relationship with food, your body, and your weight.

Instructor: Giles Yeo, PhD, has 20 years of experience studying the genetics of obesity and brain control of food intake. He earned his PhD from the University of Cambridge in 1998 and currently focuses on the influence of genes on our feeding behavior and bodyweight. He is also a broadcaster, with science documentaries on the BBC and Netflix, as well as the author of Gene Eating: The Science of Obesity & the Truth About Diets which was published in December 2018.

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NEW | BOOST YOUR IMMUNITY THROUGH FOOD
With COVID-19 in our community along with other viruses and bacteria that cause infection, it is important to take proactive measures to boost your immunity. The good news: one of the keys to keeping your immune system strong is right in front of you, on your plate.

In this noontime webinar, you will learn the latest evidence-based science about how increasing fruits and vegetables and reducing added sugar keeps your immune system resilient to infection. A healthy immune system relies on a balanced variety of vitamins and minerals over time, not just when you feel an illness coming on, which is why it’s so important to ensure consistent, positive eating habits. You will discover how to stock your pantry in a budget-friendly way to ensure you have easy access to immunity-boosting foods and receive delicious recipes to help you incorporate healthy eating habits into every meal of the day.

Instructor: Jennifer Tyler Lee is an author and healthy eating advocate who earned her certificate in nutrition and healthy living from Cornell University. Her new book, Half the Sugar, All the Love, is co-authored with Stanford pediatrician and associate professor Dr. Anisha I. Patel and her recipes have been featured by The Washington Post, Alice Waters, Mark Bittman, Michael Pollan, Jamie Oliver, and Oprah.

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NEW | HEALTHY KITCHEN, COOKING TOGETHER – CREATE A STRESS-FREE FAMILY MEAL
Research shows that families who have regular meals together are more likely to eat more nutritious foods, feel better about themselves, and feel more connected with each other. Yet actually getting a healthy meal on the table is easier said than done, especially for busy working parents.

Join us for this special live cooking webinar that will help you get a healthy meal on the table just in time for dinner. You’ll learn feeding guidance and tips for nurturing healthy habits for families. Then roll up your sleeves and get ready to start cooking! Our Healthy Kitchen staff will guide you through a live demonstration to cook an easy, flexible, and healthy entrée that is suitable for everyone in your family.

Instructor: Rosalyne Tu, MS, RDN, has been working as a dietitian since 2003 and is currently a manager for the BeWell Wellness Profile and HIP nutrition programs.

Two dates to choose from:

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HEALTHY ME, HEALTHY BODY
In a culture highly influenced by social media and advertising, many Americans learn to distrust their bodies and their own hunger and satiety cues. This can lead to a destructive cycle of continually chasing the latest food trend in search of the perfect diet. The cognitive dissonance between health and body image can lead to disharmony in our minds, which can influence our dietary choices, work productivity, and personal relationships.

In this interactive 4-session online engagement class, you will learn the science behind body perception and its impact on diet, simple tricks to restructure your thinking about food choices, and how to apply what you learn to your daily life for optimal health. You will participate in hands-on activities using evidence-based strategies to combat cognitive dissonance, increase body appreciation, and set effective goals for personal health. By the end of the series, you will have an improved knowledge of what weight bias is, how to combat it, and how to better appreciate your own body.

NOTE: This class qualifies for the 2020 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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NEW | IMPROVE HEART HEALTH WITH A CARDIAC DIET
The food we eat can have a profound effect on the health of our cardiovascular system. In fact, one study found that almost half of the deaths caused by heart disease, stroke, and type 2 diabetes in a large group of Americans in one year were linked to a poor diet.

Fortunately, following a diet focused on heart health can improve outcomes. In this noontime webinar, you will discover the most up to date evidence on how diet can improve blood cholesterol, triglyceride, and sugar levels, regulate blood pressure, and reduce abdominal obesity with the goal of improving the health of your cardiovascular system.

Following a cardiac diet is a good recommendation for anyone who has high blood pressure, high cholesterol, heart disease, or family history of heart disease. But even those without cardiovascular health concerns can benefit by losing weight, lowering blood pressure, cholesterol and sugar levels, and reducing their risk of future heart disease.

Instructor: Maryam S. Hamidi, PhD, F Acn, is a member of the Stanford Medicine WellMD and WellPhD Center team, where she leads initiatives that promote personal well-being, self-care, and a culture of wellness at Stanford Medicine. She is a fellow of the American College of Nutrition. Over the course of her career, she has authored many highly cited scientific papers on nutrition and well-being.

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NEW | INTRODUCTION TO MINDFUL EATING – MAKING HEALTHY CHOICES AND MANAGING WEIGHT BY EATING WITH INTENT
Mindful Eating is an awareness practice that helps you choose nutritious foods and manage your weight by learning to recognize and respect the hunger and satisfaction cues emanating from the body, not the mind.

In this noontime webinar, you will be introduced to the concept of mindful eating and receive information about how to choose food that is both pleasing and nourishing, how to feel satisfied after meals, and how mindful eating, once internalized, can shift your relationship with food forever. Learn again the joy of healthy eating and regain the pleasure of enjoying every meal.

Instructor: Patty McLucas is the founder of Mindful Wellness Group and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford's Cancer Supportive Care Program and the Health Improvement Program and has taught for other organizations including Apple and Google.

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NEW | INTUITIVE EATING – MAKING PEACE WITH FOOD
Are you tired of the endless dieting-cycles and body loathing? Do you analyze every food decision? Have you stopped trusting yourself around food? Diets are not only a low ROI endeavor, they can cause long term harm, "eat up" our energy, and keep us from living our best lives. Discover an alternative to the paradigm of restrictive eating in this 3-session online workshop. You will learn the principles of intuitive eating to break free from the illusion of diets, reconnect with your body's hunger and fullness cues, and adopt self-care practices that truly nourish you. We will explore what has you stuck in a diet mentality and provide practical tips and tools on how to change your thoughts about diets, food, and your body for good.

Meeting every other week, you will experience small group sharing and discussion, thought provoking self-reflection, and effective home practice, which will start you down the road to making peace with your body and rediscovering the joy of eating without depriving yourself.

NOTE: This course is intended for general health education and serves as an introduction to the Intuitive Eating ™ approach and is not intended to diagnose or treat eating disorders.

Instructor: Christina Becker, MPH, RDN, NBC-HCW, is an integrative nutritionist, board-certified wellness coach, and certified intuitive eating counselor with more than 17 years of experience working in the healthcare industry. She provides 1:1 and group coaching, talks, corporate programming and seminars for Silicon Valley Fortune 50 companies, Stanford, and her private practice. She is a graduate of the Integrative Health & Lifestyle program (IHeLp) at the Arizona Center for Integrative Medicine and is a certified hatha yoga instructor.

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NUTRITION & WEIGHT

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 via video chat or phone.

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 2020 BeWell Engagement incentive

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PERSONALIZED MENTORING FOR WEIGHT LOSS

You’ve successfully begun your healthy eating journey. Now you need to deepen your practice to maintain your success. In this 3-session program, with a mentor by your side, you can increase your existing skills, learn new ones, and enjoy the support of an advocate to turn to when you run into inevitable challenges. Practice new behaviors together, get introduced to new strategies, and experience the many benefits of a personal mentor cheering you on your way. Program note: The first session is one hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Mentor: 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, she found success with her own weight management issues through the Health Improvement Program weight management class. She is excited to share both her personal experience and professional coaching and mentoring background to help others achieve their goals.

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PERSONALIZED NUTRITION

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 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will reenergize 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.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive.

Joanne Ambros is a Certified Nutrition Educator and Wellness Coach. She has extensive experience helping people reach their goals as part of the BeWell team, her own private nutrition practice, and at a Silicon Valley Fortune 50 company. Joanne is excited to work with people who are interested in incorporating more plant-based food choices, as well as those who want to optimize their current vegetarian or vegan eating style.

Christina Becker, MPH, RDN, NBC-HCW, is an integrative nutritionist, board-certified wellness coach, and certified intuitive eating counselor with more than 17 years of experience working in the healthcare industry. She has a non-diet, mindful, and holistic approach to health and provides guidance on a broad range of nutrition topics including intuitive and mindful eating, non-diet weight optimization, heart disease, diabetes, and gut health/IBS.

Shauna Hyde, MS, RD, CPT, is a registered dietitian and personal trainer specializing in diabetes prevention and management, cholesterol management, weight loss, and blood pressure control. She has experience in research projects at the Stanford Prevention Research Center and the Palo Alto Medical Foundation and currently works on several research trials at The Weight Control and Diabetes Research Center in Providence, Rhode Island.

Natalie Lavorato is a nutritionist with over 10 years of experience working as a health educator. She has been a program manager for Kaiser Permanente's Medical Weight Management Program as well as a BeWell coach for Stanford's Health Improvement Program. She is passionate about helping others tackle issues such as weight management, heart disease, nutrition for athletic performance, glucose management, or simply improving on an already healthy lifestyle. Natalie can help you to make lasting lifestyle changes by beginning with small, sustainable steps.
BETTER CHOICES BETTER HEALTH – DIGITAL PROGRAM FOR HEALTH CONDITIONS SELF-MANAGEMENT

This 6-week online workshop, also known as the Chronic Disease Self-Management Program (CDSMP), is ideal for individuals with ongoing and persistent health conditions. The safe and anonymous online workshop is designed to help people feel better, manage symptoms, and gain confidence in their ability to lead active and purposeful lives. Developed and evaluated at Stanford University 20 years ago, Better Choices, Better Health is now offered online.

Participants join a workshop of 25 to 30 other people with long-term health conditions and can expect the workshop to begin within 1 to 2 weeks after signing up. At their convenience, participants access weekly lessons that support them with healthy eating, exercise planning, communication skills, dealing with frustration, fatigue, and pain, making informed treatment decisions and other disease-related problem solving. Trained facilitators, also living with long-term health conditions, guide participants in setting small, achievable goals with an Action Planning tool. As participants give and receive support, their shared success builds the kind of confidence proven to facilitate lasting positive changes.

Participants in the workshop receive a copy of the companion book, Living a Healthy Life With Chronic Conditions and access to the program’s alumni community upon completion.

NOTE: This class qualifies for the 2020 BeWell Engagement incentive

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CHECKUP & 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. Learn more at checkupandchoices.com/suhip/

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DIABETES PREVENTION – HOW TO REDUCE YOUR RISK

Have you been told that you have pre-diabetes, are borderline diabetic, or that you are at risk to develop diabetes? If so, you are not alone. Approximately 88 million American adults — more than 1 in 3 — have prediabetes.

Before people develop type 2 diabetes, they almost always have “pre-diabetes” – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

The good news is that scientific studies have conclusively shown that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet, losing some weight, and increasing their level of physical activity. Join this noontime webinar to learn what you can do right now to prevent diabetes.

Instructor: Shauna Hyde, RD, CDE, CPT, is a certified diabetes educator and personal trainer specializing in diabetes prevention and management, cholesterol management, weight loss, and blood pressure control. She has experience in research projects at the Stanford Prevention Research Center and the Palo Alto Medical Foundation.

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NEW | SUMMER SKIN CARE PRIMER

Summertime can be hard on your skin. All the extra sun exposure, heat, sweat, and other seasonal threats can wreak havoc on your sensitive skin. And with so many products and conflicting messages in the marketplace, how can you tell what is really best?

In this noontime webinar, you will uncover the science of skin care and learn about the best practices and treatments based on the latest research. We will explore ways to care for dry skin and repair the skin barrier, how to reduce the intrinsic and extrinsic causes of skin aging, and how to best protect yourself from the damage of ultraviolet radiation from the sun.

With a focus on prevention first and then treatment, this presentation is filled with many pearls of wisdom that help make adopting new practices easier and more enjoyable. Your skin will thank you!

Instructor: Zakia Rahman, MD, is clinical professor and assistant chief at the Livermore Division of the Palo Alto Veterans Administration Health Care System, director of the Resident Laser and Aesthetic Clinic. She also is member of the Stanford Physician Wellness Committee and the Stanford Medical School Faculty Senate. Her clinical interests include geriatric dermatology, surgical dermatology, lasers, ethnic skin, fillers, and neurotoxins for medical and aesthetic indications.

Day Date Time Location Fee Code
TUE 7/7 12:00-1:00pm At your computer/device $35 (Stap/ea. YES) sscp-30

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. You can participate via your computer, tablet, or smartphone, whenever it’s most convenient for you.

Omada is clinically supported and grounded in behavior science. 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 2020 BeWell Engagement Incentive

Instructor: A professionally trained Omada health coach will facilitate your small online group and provide 1:1 guidance, encouragement, and accountability throughout the program.

Day Date Time Fee Code
Rolling start Self-paced 16 weeks, with maintenance up to a year $550 (Stap/ea. YES) omada-40

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 nicotine. The Stanford Health Improvement Program is offering this FREE smoking cessation program for benefits-eligible Stanford University employees along with their families and dependents (14 years and older). Free, over-the-counter aids for nicotine cessation are included.

This program begins with an initial 20-minute intake phone call followed by one 60-minute consultation. Following the in-depth consultation, the instructor and the participant move forward with sessions that support the process of letting go of smoking. Participants typically find that about 10 additional sessions over one year are helpful to support the quitting process. Sessions are available Wed-Fri by phone or video chat.

Instructor: Jayna Rogers, MPH, is a health education manager for the Health Improvement Program and workshop coordinator for the BeWell Employee Incentive Program. She has a National Board Certification in Health and Wellness Coaching and 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.

Sessions Fee Code
About 12 Sessions: Stanford University and families $0 sciq-04b
About 12 Sessions: Stanford retirees and community $275 (Stap/ea. NO) sciq-04a
FINDING INNER BALANCE WITH HEARTMATH™ – TOOLS AND TECHNOLOGY TO REDUCE STRESS AND ADD HEART TO YOUR LIFE

Stress doesn’t have to age you too fast and ruin your quality of life. In this 2-session online workshop, you will learn the tools to prevent, neutralize, and recover from stress so you have youthful energy and vitality again.

The secret to the HeartMath program is discovering the complex direct communication between heart and brain and learning how to leverage that system for maximum performance, emotional balance, mental function, and well-being. 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.

An exciting feature of the program is learning how to use the Inner Balance system from HeartMath, an innovative app-based biometric device that will help you manage the overwhelm of stress in real time. This technology, together with behavioral techniques learned in the workshop, is designed to enhance your ability to self-regulate emotions and physiological responses so you are able to choose how you feel independent of what’s happening around you. HeartMath serves hundreds of organizations worldwide, including Stanford University, Kaiser Permanente, NASA, Yosemite National Park, the World Bank, and the Mayo Clinic.

NOTE: To participate fully in the class, each participant will need to provide their own app-based sensor device called the Inner Balance Bluetooth sensor for Android and iPhone. You can purchase the device at https://store.heartmath.com/inner-balance. Please obtain your device and download the free app prior to the first class.

Instructor: Bruce Cryer is the founder of Renaissance Human, former CEO of HeartMath, executive coach and mentor. He has taught at Stanford’s Health Improvement Program and the Graduate School of Business since 1997.

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GIVE UP THE GRUDGE – THE HEALING POWER OF FORGIVENESS

It is natural to hold onto anger and hurt when we have been wronged, but research shows that people who hold onto grudges are more likely to experience depression, post-traumatic stress disorder, and other health conditions. Conversely, studies have found that the act of forgiveness can reap huge rewards in your health, reducing anger and depression and enhancing hopefulness, resilience, and self-efficacy.

Come explore the power of forgiveness in this online engagement class. Through 4 sessions of lecture and discussion interspersed with guided practice of forgiveness tools, you will understand the core components of personal grievances and explore how forgiveness provides new strategies for managing anger and hurt. By the end of the course, you will have a clear understanding of how forgiveness can be used to solve problems and enhance interpersonal relationships, and you will have new tools in your toolkit to prevent conflicts by practicing forgiveness. The class format is not intended as group therapy, but rather to teach self-care skills to heal old wounds and prevent new ones.

NOTE: This class qualifies for the 2020 BeWell Engagement Incentive

Instructor: 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.

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NEW | OVERCOMING SELF-JUDGMENT WITH SELF-COMPASSION – LESSONS FROM THE EMERGENCY DEPARTMENT

Emergency Medicine is one of the most stressful jobs out there. Emergency physicians must routinely make split-second decisions based on limited information, switch tasks from one adverse scenario to another, and field constant distractions and interruptions, often on insufficient sleep. The emotional impact of medical errors and vicarious trauma has been compared to developing post-traumatic stress disorder.

Fortunately, studies have shown that cultivating self-compassion can help emergency physicians mitigate the negative impacts of stress and prevent burnout. While not all of us work in the emergency room, the lessons learned from the front lines can help everyone face the stressors they encounter in their own lives.

In this noontime webinar, we will explore the science behind compassion and how it can foster a culture of caring in medicine and beyond. While we have no control over many of the stressors in our lives, how we respond to them affects our outlook and well-being. Everyone, including those outside of healthcare, can benefit from these practical strategies on managing stress, aiding recovery, and dealing with the residue of trauma.

Instructor: A’rai Alvarez, MD, FACEP, FAAEM, is an assistant clinical professor in Emergency Medicine, assistant program director in the Stanford Emergency Medicine Residency Program, and co-chair of the Stanford WellMD’s Physician Wellness Forum. He focuses on the interdependence of residency well-being with performance improvement in the patient experience, quality, and patient safety and has given several grand rounds and national conference lectures and workshops on relevant topics in gratitude and compassion, physician wellbeing, burnout, and the imposter syndrome.

PERSONALIZED SLEEP IMPROVEMENT

Are you getting 7 hours or less sleep per night? Do you have difficulty falling asleep, or do you wake in the night and can’t get back to sleep? Learn how simple shifts in your nighttime routine, creating an optimal nighttime environment, and alleviating stress during the day can produce dramatic improvements in the duration and quality of sleep. Three personalized sessions offer individualized support for discussion and the practice of stress reduction techniques. Guided recordings for relaxing into sleep will be supplied. Coaching sessions are available online.

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. Whether stress manifests as anxiety, depression, or physical agitation or illness, mindfulness practice can lead to a reduction in symptoms and an increase in quality of life. With 1:1 support in a comfortable, individualized setting, you will practice mindfulness techniques and learn strategies such as breath awareness, meditation, body scan, and gentle yoga. We will practice awareness of automatic thoughts, reframing, and connecting to the values informing the life you want to live.

NOTE: These classes qualify for the 2020 BeWell Engagement incentive. You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas is the founder of Mindful Wellness and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford’s Cancer Supportive Care Program and Health Improvement Program and has taught for other organizations including Apple and Google. Patty is available for sessions Mondays - Thursdays by phone or video chat.
NEW | SLEEP YOUR WAY TO HEALTH AND HAPPINESS

Good sleep is critical to a healthy lifestyle. Studies have shown that poor sleep is linked to higher body weight, greater risk of heart disease, stroke, type 2 diabetes, inflammation, and depression, while good sleep can improve concentration and productivity, athletic performance, and immune function. Yet for many of us, a good’s night sleep remains an elusive dream. One study by the CDC found that more than a third of American adults are not getting enough sleep on a regular basis.

Join us in this noontime webinar to explore the science of sleep and learn ways to get optimal shuteye to improve your health and well-being. You will learn why sleep is important to health and the different sleep needs at different life stages. Gain information about sleep disorders and walk away with specific ways to optimize your sleep through good sleep hygiene, a regular sleep/wake schedule, and understanding the bed/sleep connection.

Instructor: Jennifer Kanady, PhD, is the clinical innovation lead for sleep at Big Health and has been involved in the sleep field for more than a decade. She has over a dozen peer-reviewed publications and has presented her research at national and international conferences. She received her PhD in clinical science from the University of California, Berkeley, and completed her postdoctoral research fellowship at the San Francisco VA Health Care System and the University of California, San Francisco.

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The Health Improvement Program (HIP) now offers an individualized coaching program specifically for health care clinicians.

**Included in the program:**

- 6-session or 3-session package of one-on-one coaching (remote or in person)
- A dedicated health coach, certified from an accredited coaching program and/or a Nationally Board Certified Health and Wellness Coach

**Topics include:**

- Self-advocacy
- Boundary development
- Perfectionism
- Self-compassion
- Home and/or work efficiency
- Handling difficult conversations
- Maintaining meaning and purpose
- Reducing social isolation

*Including physicians, PhDs, residents, fellows, physician and medical assistants, nurses, Advance Practice Providers (APP), behavioral health providers, therapists, and other non-physician licensed clinicians.

To register: visit hip.stanford.edu

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search class code hc7-04

For more information: medwellness@Stanford.edu