**Empathy and Respect in Action: How Building a Strong Community Boosts Personal Resilience**

Christy Matta, Joanne Ambras  
Tuesdays  
05/07/2019 – 06/04/2019  
12:15 pm – 1:30 pm  
Health Research & Policy (HRP), Redwood Building  
150 Governors Lane, Room T138B  
$200

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.

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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**Five Times Ten: 10 Minute Mindfulness Practices to Do Anytime, Anywhere**

Patty McLucas  
Tuesdays & Thursdays  
04/09/2019 – 05/02/2019  
12:00 pm – 1:00 pm  
Location TBD  
$200
You’ve heard about the benefits of mindfulness for reducing stress, improving sleep, and elevating the experience of daily living, and you’d like to get started but don’t have much time to spare.

This workshop-style class is designed to provide a low-friction entry into learning and benefiting from foundational mindfulness practices. In eight sessions, you will learn five practical and replicable practices, and ways to implement them into your life without requiring extra time. With just a shift in awareness, these practices can be done simultaneously with daily activities at work or home. You’ll receive fundamental, experience-based instruction in meditation and mindfulness derived from the Mindfulness-Based Stress Reduction curriculum, and the latest science demonstrating the benefits to brain, body, and mind.

Instructor: Patty McLucas is the Founder of Mindful Wellness, elevating the performance of organizational leaders through training in Stress Reduction, Mindful Eating, Sound Sleep and Leadership Communication. She is a public speaker on these topics and on mindfulness, resilience, and group health behavior. For more information about Patty, please see www.mindfulwellnessgroup.com.

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The Heroic Journey: A Creative Path to Transformation
Dominique DelChiaro
Thursdays
05/02/2019 – 05/23/2019
5:30 pm – 7:00 pm
Li Ka Shing Center for Learning and Knowledge (LKSC)
291 Campus Drive, Room 205/206
$200

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

We live in our stories. Our brains naturally organize our experience of events into a narrative structure that gives our lives a sense of wholeness and coherence. The Hero's Journey, popularized by Joseph Campbell, describes the existential process we all go through as we live in and adjust to changes in our world and ourselves. The need to expand the constructs of our mind and perceptions may arise many times in our lives. Research now suggests that the impact of creative practices on well-being include an improved immune system, reductions in stress and anxiety, increases in positive emotions, and improved health. In this 4-week class, we will explore the power of mindset and perspective through engaging narratives and discussions, creative projects, personal reflection, and storytelling. Gain the tools and support needed for personal transformation by answering the call and taking the first steps across the threshold. Join us!
Instructor: Dominique Del Chiaro, Me.D, is the Healthy Living Program Manager, a seasoned educator, transpersonal life coach, dance and fitness instructor, and mentor teacher. She has facilitated trainings for professional educators and work teams on how to be more effective and engaging for over 25 years. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero's Journey and rites of passage.

**Making Friends with Stress: Maximizing Opportunities for Growth**
Debbie Balfanz, PhD, Dominique Del Chiaro
Tuesdays
04/23/2019 – 05/14/2019
5:30 pm - 7:00 pm
Psychiatry Building
401 Quarry Road, Room 1211
$200

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.

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

Instructor: Dominique Del Chiaro, Me.D, is the HIP Healthy Living Program Manager, 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. She is a Ph.D. candidate in Integral & Transpersonal Psychology, specializing in The Hero’s Journey and rites of passage.

**Mindfulness-Based Stress Reduction (MBSR)**
Mark Abramson
Tuesdays
04/02/2019 – 05/21/2019
7:00 pm - 9:30 pm
Li Ka Shing Center for Learning and Knowledge (LKSC)
291 Campus Drive, Room 120
$330

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.

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

**Mindful Eating: Making Healthy Choices and Managing Weight Through Eating With Intent**

Patty McLucas  
Wednesdays  
04/17/2019 - 05/08/2019  
5:30 pm – 7:00 pm  
Li Ka Shing Center for Learning and Knowledge (LKSC)  
291 Campus Drive, Room 209  
$150  

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 brain.

In this 4-week class, we will practice mindful eating together, and you will 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, CPT, has been a Wellness Consultant for over 20 years, and teaches Mindfulness Meditation for Stanford's Cancer Supportive Care Program. Patty teaches courses on mindfulness, resilience, and group health behavior change for Stanford's Health Improvement and BeWell programs. Patty is also a Certified Personal Trainer providing instruction in strength training, flexibility and weight control.

**Mindful Self Compassion**

Carole Pertofsky  
Saturday  
04/27/2019  
9:00 am – 5:00 pm  
Sapp Center for Science Teaching and Learning (STLC)
We often feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it the most? We know that harsh self-criticism adversely impacts our well-being, strength, and performance, often leading to excessive worry, perfectionism and frustration. In contrast, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives. Mindful Self-Compassion (MSC) is strongly associated with emotional well-being, resilience in coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

In this one-day MSC program, participants will learn how to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. All are welcome. No previous experience with mindfulness or meditation is required.

Instructor: Carole Pertofsky, M.Ed., is former Director of Wellness and Health Promotion Services at Stanford University, national speaker and consultant, seminar leader, and blogger. She teaches positive psychology and wellness courses at Stanford University, delivers programs at Esalen Institute, Stanford Continuing Studies; Stanford Healthy Living Retreat; Curious.com; Awakening Joy; Love and Awakening; and other organizations. Carole is a trained Mindful Self-Compassion instructor, certified leadership and wellness coach for individuals and teams focused on high performance. Her passion is helping people thrive and flourish in a complex world.

The Power of the Pause Meditation Retreat at Stanford
Tia Rich
Sunday
05/05/2019
9:30 am – 5:00 pm
Cubberley Education Building
485 Lasuen Mall, Rooms 313 & 334
$225

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.

Instructor Tia Rich, PhD, is the Contemplation by Design Director, HIP Resilience, Stress Management and Contemplative Practices manager.

**Kurbo - Simple "Traffic-Light" Weight Loss Program**

Start Anytime  
Your Computer/Device  
$225

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.

**Omada – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease**

Start Anytime  
Your Computer/Device  
$550

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.

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**Sleepio - Digital Sleep Improvement Program**

Start Anytime  
Your Computer/Device  
$300

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:
1. Discover your sleep score for free here.
2. Register through HIP and continue with the full online sleep improvement program.