5 Keys to a Happier Life
Tarika Lovegarden
Fridays
1/17/2020 – 2/14/2019
11:00 am – 12:15 pm
Health Research & Policy (HRP)
150 Governors Lane, T138B

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 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.

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.

Climate Change: What You Can Do
Steve Attinger and Jane Rosten
Wednesdays
2/26/2020 – 3/11/2020
6:30 pm – 8:30 pm
Li Ka Shing Center for Learning and Knowledge (LKSC)
291 Campus Drive, Room 304/305

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 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 and dietary changes, impact policy, and affect broader societal trends. 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. This class is also approved for the Cardinal Green financial incentive.

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.

---

**Diet How To's of Metabolic Homeostasis: Balance Your Body through Basic Nutrition**
Gretchen George, PhD

Wednesdays
1/29/20 - 2/19/20
9:00 am – 10:30 am
Li Ka Shing Center for Learning and Knowledge (LKSC)
291 Campus Drive, Room 308
$200

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

Join this 6-week engagement class to learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet ‘boot camp’ where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiation) work, and increase your confidence to choose foods that best meet your personal health needs

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.

---

**Knowing Ourselves: Exploring the Enneagram**
Peter O’Hanrahan and Carol Pertofsky

Saturday
2/22/20
10:00 am – 5:00 pm
Sapp Center for Science Teaching and Learning
376 Lomita Drive, Room 104
$225
We are complex individuals, yet, at our core, systematic motivational patterns ignite our strengths and trigger defenses. Whether in our personal lives or in organizations, we can sometimes be baffled by our own impulses, as well as the behavior of others.

The Enneagram has been used for decades as a leading method to unlock the secrets to understanding why we behave as we do. It is also used as a method to improve workplace dynamics by teaching strategies that build rapport and empathy and reduce unproductive conflict. In this workshop, you will learn how the powerful Enneagram strategies enhance your capacity to strengthen your effectiveness, enhance leadership skills, build rapport and empathy, reduce unproductive conflict, increase resilience and enjoy greater effectiveness, confidence and well-being in a challenging world.

Peter O'Hanrahan is a leading Enneagram teacher and trainer worldwide and is the co-author of the Enneagram workplace guide, Transformational Leadership, which is used globally by companies and university graduate programs. Carole Pertofsky, M.Ed, is director emerita of Health Promotion Services, Stanford University, as well as a national speaker, trainer, consultant, and certified Enneagram seminar leader. She teaches positive psychology, mindfulness, and well-being courses at Stanford University and major Silicon Valley companies.

**Life Skills for Love: How to Have Happy, Nurturing, Passionate Relationships**
Shani Robins, PhD  
Saturday  
02/08/2020  
9:00 am – 5:00 pm  
Sapp Center for Science Teaching and Learning  
376 Lomita Drive, Room 115  
$200

Relationships are beautiful, wonderful, and challenging! Developing life skills to love well and be happy can help us to enhance relationships, increase well-being, and avoid suffering. In this 1-day course, we will learn about and practice wisdom skills that have scientifically been found to enhance love and relationships. Skills such as mindfulness, emotional intelligence, empathy, compassion, gratitude, ego transcendence, and openness to experience have been empirically established as critical to having positive relationships. Other skills such as forgiveness and humor will also be presented and applied. Using multi-media visuals, short films, jokes and engaging activities, this course is designed to be fun and practical.

Instructor: Shani Robins, PhD, is a licensed psychologist, a National Institute of Mental Health fellow, and pioneered the field of Wisdom Therapy. He is the founder and president of the Wisdom Therapy Institute.

**Mindfulness-Based Stress Reduction (MBSR)**
Mark Abramson  
Tuesdays  
1/14/20 – 3/3/20  
7:00 pm – 9:30 pm  
Li Ka Shing Center for Learning and Knowledge (LKSC)  
291 Campus Drive, Room 130  
$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 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 the text *Full Catastrophe Living* by Jon Kabat-Zinn.

Retreat on Saturday, February 15, from 9:00 am - 5:00 pm in Li Ka Shing, Room 101/102.

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.

### Mindfulness-Based Stress Reduction (MBSR)

Patty McLucas  
Thursdays  
2/6/20 – 3/26/20  
5:30 pm – 8:00 pm  
Li Ka Shing Center for Learning and Knowledge  
291 Campus Drive, Room 130  
$330

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.

Retreat on Sunday, March 8, from 8:30 am – 4:30 pm in Li Ka Shing, Room 209.

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.

### Traditional Oriental Medicine: Self-care Principles and Practices for Sleep, Headaches, and Digestive Issues

Luca Moschini  
Saturday  
3/7/20  
9:00 am – 5:00 pm  
Sapp Center for Science Teaching and Learning  
376 Lomita Drive, Room 115  
$200
Do you have difficulty sleeping or suffer from tension headaches or digestive issues? Come to this one-day class, where we will explore each of these health concerns and their root causes from the Traditional Oriental Medicine (TOM) perspective. Applying basic TOM principles of qi, yin and yang, the 5 elements, and acupuncture meridians, you will learn easy-to-apply acupressure and qigong techniques to help relieve symptoms and restore the inner balance of your physical, mental, and emotional body. By the end of the day, you will have a new set of self-care techniques and practices that can strengthen the healing potential of your body, helping you feel more empowered, revitalized, and healthy.

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy), is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. He has a private practice in Mountain View, CA, and is a former faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose.

---

**The Power of the Pause Meditation Retreat at Stanford**
Tia Rich  
Saturday  
3/7/20  
9:00 am – 5:00 pm  
Cubberley Education Building  
485 Lasuen Mall, 313 and 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. Retreat participants will receive the "Breathing for Longevity Love and Livelihood" CD as part of the course.

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.

---

**Weight Management: The Journey Continues**
Linda Adler  
Wednesdays  
2/5/20 – 3/11/20  
5:30 pm – 7:00 pm
Many of us are able to initiate lifestyle changes, but not all of us are successful at maintaining them. This is particularly true when it comes to weight loss, not because it’s necessarily difficult, but rather because so many of us aren’t aware of the key factors that lead to optimal success. This 6-week class will serve as a resource for participants who experience inevitable challenges but remain committed. You’ll learn to think more creatively about your weight loss and learn new ways to build on your success to make it sustainable. We’ll cover lesser-known strategies, focus on your unique challenges, and have some fun in the process. Each class will focus on a specific theme where the instructor/mentor will provide new information designed to generate group discussion, discovery, and peer support.

Instructor: 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 is eager to help others achieve their goals.

Better Choices, Better Health - Digital Health Conditions Self-Management Program
Start Anytime
Your Computer/Device
$270

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

Kurbo - Simple "Traffic-Light" Weight Loss Program
Start Anytime
Your Computer/Device
$250
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.

---

**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.

---

**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 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 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 which cover common problem areas, like pregnancy and sleep, shift work, and jet lag.

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 that are tailored to your specific problems and progress.