Building a Positive Relationship with Food - Break the Stress Eating Cycle
Bryan Lian
Thursdays
10/22 - 11/19
3:00 pm - 4:15 pm
$200.00

Eating is a vital activity, meant to nourish and support our bodies. But often we can eat for other reasons - to fit in at social situations, relieve stress, satisfy cravings, or try to make ourselves feel better. This emotional and mindless eating can lead to an unhealthy relationship with food.

In this online engagement class, we will explore the psychological foundations of a positive relationship with food to enhance mind-body health and optimize performance. You will learn research-based mindfulness practices shown to enhance physical and psychological well-being based on MB-EAT (Mindfulness Based Eating Awareness Training).

Through meditations, mindful eating experiences and group processing, you will discover ways to assess your own hunger and satiety and free yourself from the stress-eating cycle. This class has been adapted to be inclusive of all body sizes, shapes and sizes with a health rather than weight-centered approach.

Instructor: Bryan Lian, MS RD CEDRD-S, is the dietitian/nutritionist for students at Stanford University Vaden Health Center. He is a part of the team promoting student health and well-being and also co-teaches mindful eating as an academic course. Bryan earned his master's degree in health administration at the University of California, San Francisco, and completed his clinical training at two Harvard teaching hospitals.

Enhancing Resilience by Cultivating a Contemplative Lifestyle
Tia Rich
Mondays
09/28 - 10/12
12:00 pm - 1:00 pm
$70.00

Resilience is fundamental to health and well-being, especially in this unprecedented time. Stanford longitudinal population studies have identified that people whose lifestyles include contemplative practices are currently experiencing greater resilience, as well as better physical and emotional health, including less anxiety, distress and depression. This class will help cultivate your resilience-building contemplative lifestyle to promote your resilience. Enjoy being in community with fellow participants to effectively engage with the events of this historic time.

Resilience facilitates adaptation in the face of uncertainty and change, as well as the ability to learn from both, which in turn deepens discernment, wisdom, and compassion for all. Contemplative practices include mindfulness, self-compassion, breathing, reflection, gratitude journaling, and membership in something larger than your individual life.
This 2-session online engagement workshop, in conjunction with the numerous contemplation-related opportunities offered in Stanford’s 2020 Contemplation by Design (CBD) Summit, September 30 – October 6, will equip you with a personal resilience-building contemplative lifestyle plan. Separate registration in 4 of the free Summit sessions is a required part of this engagement class. There will be no class held on Monday, 10/5.

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

**Meditations for Inner Peace and Sustained Resilience**
Tarika Lovegarden  
Fridays  
10/23 - 11/13  
12:00 pm - 1:30 pm  
$200.00

*Love and compassion are necessities, not luxuries. Without them humanity cannot survive. ~Dalai Lama*

When we are faced with difficulties, it is easy to spiral into negative thinking, anxiety, and stress over circumstances that are out of our control. One tool that is in our control is the practice of meditation, which research has shown to be effective for stress reduction, emotional self-regulation, improved sleep, boosting immunity, mental health, and enhanced well-being.

This online engagement course will teach you how to quiet your mind and connect with a personal sanctuary of inner tranquility through meditation. During the four-week series, you will learn to apply proven meditation practices to cultivate compassion and evidence-based gratitude practices to enhance the quality of your life. Through guided meditations, mindfulness practices, and self-reflection exercises, you will discover key factors to sustained resilience and how to utilize them in your day-to-day 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.

**Mindfulness in Your Home Garden**
Anna Lee  
Wednesdays  
09/23 - 10/14  
5:30 pm - 7:00 pm  
$200.00

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, pressing leaves or flowers, measuring biodiversity, and 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.

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.

Mindfulness-Based Stress Reduction (MBSR)
Mark Abramson
Tuesdays
09/22 - 11/10
7:00 pm - 9:20 pm
$350.00

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 online 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.

NOTE: Participants will need to provide the text *Full Catastrophe Living*, by Jon Kabat-Zinn. Online retreat scheduled for Saturday, October 31, from 9:00 am - 1:00 pm.

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.

The Heroic Journey - A Creative Path for Personal Transformation
Dominique Del Chiaro, MEd
Thursdays
10/01 - 10/22
5:00 pm - 6:30 pm
$200.00

*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 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!

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. She is a PhD candidate in Integral and Transpersonal Psychology, specializing in The Hero’s Journey and rites of passage.

**The Power of the Pause Meditation Retreat**
Tia Rich  
Saturday and Sunday  
10/17 - 10/18  
9:00 am - 12:00 pm  
$200.00

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 virtual retreat offers you the experience of listening deeply to your body, spirit, and mind while being guided by an experienced teacher, providing a combination of teaching, practice, and reflection for a transformative learning experience.

Join us for contemplative practice, 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 weekend engagement retreat is suitable for both new and more experienced students of contemplative practices. You will receive information on contemplative practice opportunities at Stanford along with guidance on how to continue the "power of the pause" in your daily life.

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.

**The Science of Happiness**
Patty Purpur de Vries, MS  
Tuesdays  
09/29 - 10/27  
8:00 am - 9:15 am  
$200.00

Emerging research shows that being happier doesn’t just make you feel better - it actually brings a host of potential health benefits, including promoting a healthy lifestyle, reducing stress, and increasing longevity. Research also indicates that our happiness is largely within our control and can be increased through simple habits and choice.
Energize your life with this 5-session online engagement class to explore the science of happiness. We will draw on the research by Martin Seligman, Sonja Lyubomirsky, Barbara Fredrickson, BJ Fogg, Carol Dweck, and others to uncover proven and practical tools you can use to live a happier life.

Through guided interactive group discussion and activities, journaling, and take-home exercises, you will learn to leverage your own inherent strengths and values, and draw from internal resources to expand your capacity for happiness. By the last session, you will have a toolkit of practical, research-based strategies to reset your vision, upgrade your relationships, and tap into the joyful abundance that exists around you.

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.

**Traditional Oriental Medicine Level 2 – Emotional Healing with Qigong and Acupressure**
Luca Moschini  
Monday - Friday  
10/26 - 10/30  
5:45 pm - 7:00 pm  
$200.00

Building on the foundation created in the Traditional Oriental Medicine (TOM) Level 1, this course will provide self-care skills for health enrichment and healing on the emotional level. In thisweeklong engagement course, you will learn TOM techniques for resolving and releasing negative emotions, using new qigong movements, meditations, and healing sounds.

Discover how to identify your main element, which will help you specifically address your personal health, including sleep patterns and stress reduction. Through a combination of lecture and active practice, you will deepen your TOM self-care skills and enhance well-being through care of mind, body, and spirit. This class is limited to participants who have completed Traditional Oriental Medicine Level 1.

Instructor: Luca Moschini, founder and head instructor of Dashen® Foundation of acupressure and qigong training. Luca 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.

**Weight Management – Starting the Journey**
Debbie Balfanz, PhD  
Mondays  
10/19 - 11/23  
5:00 pm - 6:30 pm  
$250.00

This 6-week online engagement program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices, you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.
Each class will consist of individual health behavior goal setting, group discussion, and activities. All interested individuals are required to engage in a short phone call with the facilitator after registering to ensure that the class is the right fit for them.

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.

**Personalized Fitness Design**
Choose your provider
At your preferred time
$275.00

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 1:1 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.

**Personalized Mentoring for Weight Loss**
Linda Adler
At your preferred time
$250.00

You've successfully begun your healthy eating journey. Now you need to deepen your practice to maintain your success.

In this 4-session program, with a mentor by your side, you can improve upon 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 learn what really works for life-long success, all while having a personal mentor cheering you on your way. The first session is one hour followed by three 30-minute sessions so you can practice and get feedback over time. You will be contacted within 5 business days of registration to schedule an appointment.

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. Linda is available for sessions Mon-Fri by phone or video chat.
**Personalized Nutrition**
At your preferred time
Choose your provider
$275.00

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

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bios to select a coach that suits your personal interests and needs. 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.

**Personalized Sleep Improvement**
Patty McLucas
At your preferred time
$275.00

Are you getting 7 hours or less of 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 are supplied. Coaching sessions are available online. 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.

**Personalized Stress Reduction**
At your preferred time
Patty McLucas
$275.00

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. 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.

**Personalized Wellness**
At your preferred time
Choose Your Provider
$275.00

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 very 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.

**Better Choices, Better Health**
Start anytime
$270.00

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.

**Kurbo - Simple "Traffic-Light" Weight Loss Program**
Start anytime
$250.00

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
$550.00

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 500 Stanford University employees have already enrolled!

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

Instructor: A professionally trained Omada health coach will facilitate your small online group and provide 1:1 guidance, encouragement, and accountability throughout the program. This is a rolling start, self-paced, 16-week program, with maintenance up to a year.
Sleepio - Digital Sleep Improvement Program
Start anytime
$300.00

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 cognitive and behavioral techniques to help improve your sleep. You'll learn 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.