

Healthy Living – Fall 2021

STAP-approved BeWell Engagement Offerings

Awakening Joy Part II

Thursdays

10/21/2021 - 11/18/2021

7:00 pm - 8:30 pm

Patty McLucas

\$225.00

“Joy is not for just the lucky few – it’s a choice anyone can make.” - James Baraz, creator of the Awakening Joy course.

Awakening Joy is an internationally recognized course designed to awaken joy through exciting themes and practices that incline the mind toward well-being and deeper insight.

In this 5-session online Engagement class, you will learn the science behind generating real happiness, build healthier habits and beliefs through powerful awareness practices, develop a solid mindfulness practice, and become part of a community through support groups and practice partners.

This is not a “feel good” program, but rather a “feel everything” program, leading to authentic appreciation of your life, just as it is. Class experience includes hands-on skill-building activities, lecture, small group interactive exercises, a book discussion, videos, guided meditation recordings, written material, experiential practices, and singing. As students, you will receive the opportunity to select the modes for learning that best suit you. To get the most out of the class experience, please be prepared to actively participate in breakout rooms, class discussions, and activities. By the end of the class, you will have the tools and skills you need to live a more fulfilling, joyful life.

This class is a continuation of Awakening Joy Part I offered in summer quarter and includes a thorough review of that class. There is no prerequisite for Awakening Joy Part II.

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 Healthy Living and has taught for other organizations including Apple and Google.

Contemplative Skills for Personal and Planetary Health and Well-Being

Thursdays

10/14/21 & 11/11/21

5:30 pm - 6:45 pm

Tia Rich

\$90.00

Strengthen your ability to care for the planet as well as yourself with resilience-building contemplative practices.

This online Engagement class, taught in conjunction with Stanford’s free 2021 Contemplation by Design Summit, offers contemplative skills that deepen equanimity, compassion, awe, and gratitude—

emotions that contribute to individual and collective well-being for people and the planet. You will be equipped with knowledge and skills grounded in contemplative science and pro-environmental behaviors. Enjoy developing your personal action plan for contemplative competence for deepening and enhancing your positive actions to reduce climate change.

Contemplation by Design Summit sessions are required as part of this class. The two class sessions provide bookends for the Summit and are designed to help you maximize the benefits from the Summit sessions. We will explore pioneering research in the emerging field of contemplative skills for healing the human-earth relationship and caring for the planet. Join us!

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.

Happy Gut, Happy Life

Wednesdays

10/27/2021 - 11/17/2021

12:00 pm - 1:30 pm

Christina Becker

\$200.00

Are digestive issues interfering with your life? If so, you may be suffering from irritable bowel syndrome (IBS), a common disorder that affects your intestines. Signs and symptoms of IBS can include cramping, abdominal pain, bloating, gas, diarrhea, and constipation.

In this 4-session online Engagement class, we will examine what is happening in the gut with IBS. You will learn about FODMAPS - types of carbohydrates found in certain foods such as wheat and beans - and how they impact IBS symptoms. We will also look beyond diet and explore integrative approaches and methods to tame an upset tummy, relieve the painful symptoms of IBS, and support a healthy and happy gut. This deep dive will combine lecture with group discussion, self-assessment, and home practice.

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.

Life's Purpose Workshop

Wednesdays

10/27/2021 - 11/17/2021

3:00 pm - 4:30 pm

Jayna Rogers

\$200.00

Do you ever feel a need for greater professional or personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only find more meaning and fulfillment but are also healthier and happier.

In this 4-session online Engagement workshop, we will take a methodological approach to understanding the importance of purpose and how purpose leads to greater health, happiness, and longevity. We will

identify the evidence-based health benefits of having purpose in life, including reduced anxiety, better sleep, and lower mortality. We will recognize and prioritize our values, define the positive impact of value-based behaviors on health, and uncover our personal passion and talents/gifts through reflection and guided discussion. Finally, we will align our values, passions, and gifts with purpose. By the end of class, you will have developed your own purpose statement and be ready to implement a plan of action for living a more purpose-driven life.

Instructor: Jayna Rogers, MPH, is a National Board-Certified Health and Wellness Coach. She is a health education manager for BeWell and has been a health educator and researcher for the Stanford School of Medicine and BeWell Program 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.

Meditations for Inner Peace and Sustained Resilience

Fridays

10/29/2021 - 11/19/2021

12:00 pm - 1:30 pm

Tarika Lovegarden

\$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.

Mindful Self-Compassion

Tuesdays

10/12/2021 - 10/26/2021

12:00 pm - 2:00 pm

Victoria Brattini

\$200.00

Most of us feel compassion for our close friends when they are struggling. What would it be like to receive the same caring attention from yourself when you needed it most? All that's required is a shift in attention – recognizing that as a human being, you, too, are a worthy recipient of compassion.

This 3-session online Engagement course draws on the skills of mindfulness and focuses on developing the resource of self-compassion to enhance our capacity for emotional well-being. Burgeoning research shows

that self-compassion is strongly associated with emotional well-being, coping with life's challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human – more fully ourselves.

You will be provided with essential tools for treating yourself in a kind, compassionate way whenever you suffer, fail, or feel inadequate. Program activities include short talks, experiential exercises, group discussion, and home practices. No previous experience with mindfulness or meditation is required.

Instructor: Victoria Brattini is the founder of Laguna Meditation offering meditation and self-compassion courses. A trained Mindful Self-Compassion teacher, she has studied with Kristin Neff, PhD, and Christopher Germer, PhD, the pioneers and leaders in the field of Mindful Self-Compassion research and training.

Mindfulness in Your Home Garden

Mondays

09/20/2021 - 10/11/2021

5:30 pm - 7:00 pm

Anna Lee

\$200.00

Rediscover your home garden as a place of productivity, nourishment, and refuge in this 4-session 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.

Moving through Change and Loss with a Creative Notebook Practice

Tuesdays

10/26/2021 - 11/16/2021

5:30 pm - 7:00 pm

Lisa Chu, MD

\$200.00

In this 4-session, online Engagement class, you will be guided and inspired to develop your own creative notebook practice dedicated to processing emotions related to change and loss. With the individual and collective changes and losses sustained throughout the past year, we will explore how the making of expressive art forms can support the integration of difficult life experiences and facilitate communication both with and beyond words. We will see how self-compassion can extend to compassion for others and how

images can support the meaning we seek in stories and words.

In each session, a new mixed media art technique will be demonstrated as inspiration for your own spontaneous work using the materials you have gathered. Between sessions, you will be provided with written and visual inspiration drawn from other artists and creative prompts to start your own written and mixed media expressions. Finally, an important component of our time together will be sharing our work and our experience of the creative process in a safe and supportive way. A basic materials list will be provided prior to the class.

Lisa Chu, MD, is a multidisciplinary artist, performance creator, and SoulBodyMind life coach. She enjoys encouraging people of all ages to recognize and explore their own creative potential, which she herself has explored through research and practice at the intersection of expressive arts and healing for the past decade and performing arts and teaching for the past three decades.

The Ayurvedic Microroutine

Saturdays

10/16/2021 - 11/13/2021

9:30 am - 11:00 am

Geetanjali Chakraborty

\$225.00

Did you know that by tapping into the ancient wisdom of Ayurveda, you could halt or slow down escalating health imbalances? If not, this workshop is for you. The answer lies in something small called microroutines. These are simple, tiny routines performed intentionally on a daily basis in tandem with your body's rhythms. By understanding the Ayurvedic science behind microroutines, you can take an accessible step toward harmony with nature.

In this 5-session online Engagement workshop, you will take a deep dive into what Ayurvedic literature calls dinacharya (daily routine) as well as ritucharya (seasonal routine). You will discover effective microroutines to follow throughout the year, with a specific focus on fall, winter, and spring. According to Ayurveda, an imbalanced digestive system is the root cause of many ailments. You will learn to identify early warning signs indicating poor digestion and corrective strategies to get it back on track. All proposed solutions offered during these sessions will be sourced directly from classical Ayurvedic texts along with references, in conjunction with citing modern research.

A list of materials will be made available prior to the first class so that you can begin experimenting with these microroutines in advance. All microroutines prescribed by the instructor are hassle-free to follow in daily life. Theoretical concepts of Ayurveda will be taught through interactive lectures and breakout sessions.

Instructor: Geetanjali Chakraborty is a NAMA-certified Ayurveda practitioner and an Ayurveda consultant in the Bay Area. She has taught workshops and led national and international panels on Ayurveda. She was dean of Ayurveda studies at Vedika Global and led Vedika's donation-based Ayurveda food and lifestyle clinic serving more than 300 clients. She has an MS in biochemistry from Georgetown University.

The Improviser's Mindset

Wednesdays

09/29/2021 - 10/20/2021

3:00 pm - 4:30 pm

Jessia Hoffman

\$200.00

Improvitational theater is the art of getting onstage in front of a live audience and making up a story, collaboratively. The skills required to accomplish this while on the spot and under pressure are invaluable offstage as well.

In this online Engagement class, you will learn and practice improvisational skills that can develop resilience, resourcefulness, agile thinking and imagination. These four 90-minute experiential workshops will explore the core concepts of applied improvisation, including accepting offers, building on ideas, embracing mistakes and inspiring your partners.

By practicing with a cohort, you will also gain skills in forming bonds and making connections. Every session will be framed with theory and principles, yet filled with dynamic, engaging, playful and safe exercises. Now more than ever, we need an improviser's mindset to combat physical distance and deepen social connection. Join us!

Instructor: Jessica Hoffman is a leadership trainer, teambuilding consultant, and the founder of OnDeck Workshops. A Bay Area native and Stanford graduate, she has delivered programs for diverse clients, from Fortune 500s to startups to nonprofits. Jessica is a performance coach in the Knight-Hennessy program, and she brings 15 years of improv experience to the classroom.

Traditional Oriental Medicine Level 2

Monday - Friday

10/18/2021 - 10/22/2021

5:45 pm - 7:15 pm

Luca Moschini

\$225.00

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 this weeklong Engagement course, you will learn TOM techniques for resolving and releasing negative emotions, using 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. Completion of TOM Level 1 is helpful, but not required. This class is open and accessible to participants of all levels.

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 and is a former faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose, CA.

Better Choices, Better Health

At your computer/device

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.

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

At your computer/device

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.

Sleepio - Digital Sleep Improvement Program

At your computer/device

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.

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

Location: At your computer/device

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.