



Wellness Resources

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What resources are available?

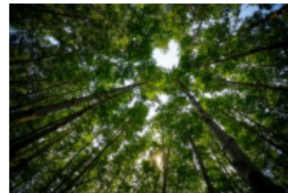
- [IDEA Office – Wellness Resources](#)
 - <https://diversity.lbl.gov/category/wellness-resources/>

Wellness Resources Archive



Teleworking Safety Tip

Telework presents unique ergonomic challenges. Don't ignore your discomfort. Get an ergo evaluation and make changes to your set-up. In August, four employees reported neck, shoulder, or wrist discomfort and got help. Contact a Lab ergo advocate at ergo@lbl.gov or call 510-486-6848. The Berkeley Lab Ergonomics Program provides ergonomic support and services to help optimize [...]



'Be Well at Work' October Wellness Events & Classes

Healthy Holiday Challenge Nov 9 – Dec 18 6-week Online Lifestyle Program REGISTER Give yourself the gift of healthier habits this year with the Healthy Holiday Challenge. This 6-week program supports you with small, healthy steps you build on each week and can keep going through the new year. Join us for a healthful, relaxing, [...]



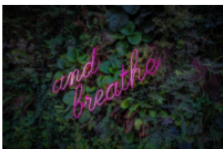
Work Together: Speedy Zoom Meetings

Give your Zoom meeting attendees a break by changing your Google calendar settings to default to meetings of 50 minutes rather than an hour and 25 minutes rather than 30 minutes. Go to your Google calendar>Settings>Event Settings, then click the checkbox for speedy meetings. How to change your calendar settings to speedy meetings>>



September/October 'Be Well at Work' Workshops

I CAN! Commit to Activity and Nutrition @Home 4-Week Healthy Lifestyle Program Tuesdays and Thursdays, Sept 22-Oct 15, 12:10-1 pm REGISTER Jumpstart a new healthy lifestyle at home, with this free 4-week interactive virtual program that will equip you with the skills you need to get started. I CAN! at Home will include nutrition workshops, [...]



Quick Wellness Tips

Health Net's Wellness Team has created ten pre-recorded wellness tips for the Rise to the Challenge: Health & Wellness at Home series. The wellness tips range from 3 to 11 minutes in length. Individuals can click on the links below to listen and view the tips. The topics are listed below with the recording link [...]



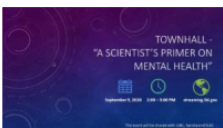
HealthNet Talk on Resilience and Self-Care – Sept. 16, 2020

Many of us are dealing with work and life challenges and changes presented with us today. Learn more about how to best take on these challenges. Alison King, a licensed clinical social worker (LCWS) with HealthNet will be conducting live health wellness webinars for the LBNL community this season including topics from stress management, parenting, [...]



Be Well at Work Workshops & Support Groups

Yoga for Tension and Stress Friday, 9/11, 12:10 – 1 pm Register Learn basic yoga poses and breathing techniques to transform your practice into a moving meditation. Comfortable clothing and bare feet recommended. Note: Registration closes 2 days before the listed date for each class. The Outdoors and Your Well-Being Tuesday, 9/15, 12:10 – 1 [...]



Townhall: A Scientist's Primer on Mental Health – September 9, 2020

Recent studies have revealed that mental health struggles are extremely common among researchers. Join the All Access Employee Resource Group Mental Health Initiative for "A Scientist's Primer on Mental Health," a one-hour seminar and discussion facilitated by Dragonfly Mental Health. Date: Wednesday, September 9 Time: 2:00 – 3:00 pm There are many misconceptions about mental health struggles, [...]

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<https://diversity.lbl.gov/2020/09/03/townhall-a-scientists-primer-on-mental-health-september-9-2020/>

Townhall: A Scientist's Primer On Mental Health – September 9, 2020

September 3, 2020

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Date: Wednesday, September 9

Time: 2:00 – 3:00 pm

There are many misconceptions about mental health struggles, what causes them, who is at risk, and how they manifest. Increasingly we are understanding how immense a problem this is for academics and researchers. "A Scientist's Primer on Mental Health" is a 1 hour seminar and facilitated discussion which delivers the basics of mental health at a level that academics appreciate.

Recording:



Slides: [A Scientist's Primer on Mental Health](#)


PDF: [Webinar Q&A Responses](#)

Your voice matters! Test your knowledge and let your voice be heard by taking a couple of minutes to complete the anonymous post-presentation survey: <https://tinyurl.com/LBL-Dragonfly>

Post Event Survey:
<https://tinyurl.com/LBL-Dragonfly>



What resources are available?

- IDEA Office – Wellness Resources
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 - All Access Employee Resource Group - Mental Health Resources
 - <https://allaccess.lbl.gov/mental-health-resources>
- 

Calm app/website – Premium w/Kaiser



Enjoy 1 Year of Calm Premium for Free

Hello and welcome,

To begin, you'll need to login or create a Calm account.

Do you have a Calm account?

Yes

No

Mental Health Resources

Now more than ever mental health is an important part of our lives and the lives of those we love and care for. If you're looking for resources to help, please take a look at the list below. We have UC Berkeley/LBL employee resources, Bay Area resources and lists of national hotlines. If you know of anything we're missing, please reach out and let us know. Be well

UC Berkeley Be Well At Work & Employee Assistance Program

COVID-19 Resources:

- [FAQ about COVID-19 and Your Emotional Well Being](#)
- [Be Well at Work Work/Life Tips for Working From Home](#)
- [Fitness, Nutrition and Community Wellness Resources](#)
- [Caregiving Challenges During the COVID-19 Pandemic](#)

Mental Health Presentations:

- [Navigating the Emotional Aspects of Change](#)
- [Webinar on Caregiver Stress – the “Sandwich Generation”](#)
- [Setting and Enforcing Healthy Limits](#)
- [Caregiver Responses in Light of COVID-19](#)
- [Supporting Those on the Front Lines](#)
- [Emotional Well-Being in Times of Uncertainty](#)

Employee Assistance Program

[Employee Assistance Program \(EAP\)](#) helps employees and their family members find solutions to personal and work-related challenges through counseling, consultation, assessment, and referrals. All services are voluntary, confidential, and free of charge.



Elder Care Resources

[Be Well at Work – Elder Care Program](#) offers confidential, free assistance to UC Berkeley faculty, staff, visiting scholars, and postdocs who are caring for or concerned about an elder or dependent adult. These services are also provided to Lawrence Berkeley National Laboratory employees

Low-Cost/Sliding Scale Community Mental Health Resources

The [Low-Cost/Sliding Scale Community Mental Health Resources](#) list contains contact information for community based mental health services in Berkeley, Oakland and San Francisco.

Warmlines, Support Services & Support Groups

- [California Peer-Run Warm Line](#) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need. 1-855-845-7415
- [California Friendship Line](#) – serving older adults and caregivers. (888) 670-1360.
- [211.org](#) is a comprehensive source for local social service information for everything from food, housing, health care and mental health care.
- **Berkeley High School Mental Health Warm Line** for students, families, teachers, and staff created and operated by the Berkeley High School Health Center. The Warm Line is operated by licensed mental health clinicians and services are available in English and Spanish. Provides emotional support, psychoeducation, consultation, referrals, and other general information during the BUSD school closure. The phone number is 510-981-5240 and operates Monday through Friday from 11:30 AM until 4:00 PM.
- [12-Step Support Groups](#) – Participating in a support group can have many potential benefits. A support group offers social support, helping you develop recovery coping skills, enhancing your motivation, reducing depressive symptoms, and increasing your psychological well-being.



Hotlines

- [National Drug & Alcohol Abuse Hotline](#) (800) 662-HELP (4357)
- [National Suicide Prevention Lifeline Phone](#): 1-800-273-TALK (1-800-273-8255) Send a text message to 838255
- [National Domestic Violence Hotline](#): 1-800-799-SAFE (1-800-799-7233)
- [California Youth Crisis Line](#) (Text/talk/chat): (800) 843-5200
- [Trevor Project](#) (LGBTQ): 1-866-488-7386





Wellness and Community Resources

[Recorded Programs](#)

[Well Bingo](#)

This challenge was offered during the month of May, however, activities can be completed anytime. Take the Well Bingo challenge today and experience a renewed sense of joy, energy, healthfulness and hopefully a little more connectedness.


How it works: Each square represents a healthy habit designed to improve your physical, mental, emotional and social well-being. Follow the weekly Well BINGO grid and make the commitment to complete one daily activity. Feeling spicy? Choose to do two or more daily activities, but remember, you only get credit for one. BINGO!

[Gratitude Challenge](#)

This challenge was offered in the month of June, however, you can visit the [Greater Good Science Center](#) to begin your Thnx4 10 day or 21 day Gratitude Challenge today!

[Balancing Technology During COVID-19](#)

Fitness Resources

- **Active @ Work workshops available via Zoom/Youtube:**
 - Mid-Morning Refresh! - MWF at 9:30 am - [Zoom Meeting Room](#) (ends July 31)
- **WorkFit (Rec Sports)** 
 - To sign up or learn more visit:
<https://recsports.berkeley.edu/fitness-wellness/workfit/workfit-schedule-join/>
- **Free Fitness Apps, Videos, Live Streaming:**
 - [ACE Fitness No Equipment Exercise Library](#)
 - [Nike Training Club](#)
 - [Official 7 Minute Workout](#)
 - [Fitness Studios - Free Live Stream Videos](#) (e.g. Orangetheory, Planet Fitness)
 - www.fitnessblender.com
 - [FitOn](#)
- **Stretching:**
 - Article: [15 Stretches You Should Do Everyday](#) (with pictures)
 - Article: [Total Body Stretching](#) (video demos)
- **Yoga**
 - [Blogilates](#)
 - [Downdog App](#)
 - [Yoga with Adriene](#)
 - www.doyogawithme.com
- **Dance**
 - [List of Virtual Concerts](#) - concerts you can watch and dance to from home
 - Billboard's list of [Live Stream Concerts](#)

Our current schedule at a glance:

October/November 2020 WorkFit Zoom Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EARLY BIRD YOGA 7:00-7:45 AM <i>Sub 10/6—Aaron</i>		PiYo 7:00-7:45 AM <i>Sub 10/8—Bianca</i>		
YOGA 8:00-8:45 AM <i>Tracie</i>	CARDIO & CORE EXPRESS 8:00-8:30 AM <i>Polly</i>	YOGA 8:00-8:45 AM <i>Tricia</i>	CARDIO & CORE EXPRESS 8:00-8:30 AM <i>Mitch M.</i>	YOGA STRETCH 8:00-8:45 AM <i>Tracie</i>	
MAT PILATES 9:00-9:45 AM <i>Sub 10/5—Karle</i>	UPPER BODY BLAST 8:35-9:05 AM <i>Polly</i>	CARDIO & CORE 9:00-9:30 AM <i>Randy</i>	LEGS & GLUTES 8:35-9:05 AM <i>Mitch M.</i>	ZUMBA 9:00-9:45 AM <i>Alejandra</i>	SIMPLE STRONG TBC 9:00-9:45 AM <i>Mitch M.</i>
		BARRE-FIT EXPRESS 9:35-10:05 AM <i>Bianca</i>			
YOGA 12:00-12:45 PM <i>Maryclare</i>	YOGA & MEDITATION 12:00-12:45 PM <i>Nicolette</i>	YOGA 12:00 -12:45 PM <i>Maryclare</i>	YOGA & MEDITATION 12:00-12:45 PM <i>James R.</i>	POWER YOGA 12:00-12:45 PM <i>Ryo</i>	
SIMPLE STRONG TBC 1:00-1:45 PM <i>Polly</i>	ZUMBA 1:00-1:45 PM <i>Elisita</i>	SIMPLE STRONG TBC 1:00-1:45 PM <i>Randy</i>	ZUMBA 1:00-1:45 PM <i>Carly</i>	SIMPLE STRONG TBC 1:00-1:45 PM <i>Randy</i>	SUNDAY
CARDIO & CORE 4:00-4:45 PM <i>James</i>	YOGA STRETCH 4:00-4:45 PM <i>Sub 10/6—Heather</i>	MAT PILATES 4:00-4:45 PM <i>Bianca</i>	YOGA STRETCH 4:00-4:45 PM <i>Heather</i>	BARRE-FIT 4:00-4:45 PM <i>Bianca</i>	YOGA STRETCH 9:00-9:45 AM <i>Michael</i>
YOGA 5:00-5:45 PM <i>Tricia</i>	URBAN KICK 4:30-5:15 PM <i>Miwa</i>	CARDIO & CORE 5:00-5:45 PM <i>James</i>	BARRE-PILATES FUSION 5:00-5:45 PM <i>Ryo</i>	YOGA 5:00-5:45 PM <i>Claire</i>	ZUMBA 10:00-10:45 AM <i>Alejandra</i>

Online WorkFit Classes

Name

Simple Strong | TBC

Yoga

Zumba

BollyX

Barre | Pilates

Legs & Glutes | Upper Body Blast

Cardio & Core

PIYO

Urban Kick

Dance Jam

Cardio HIIT

Family Dance Jam

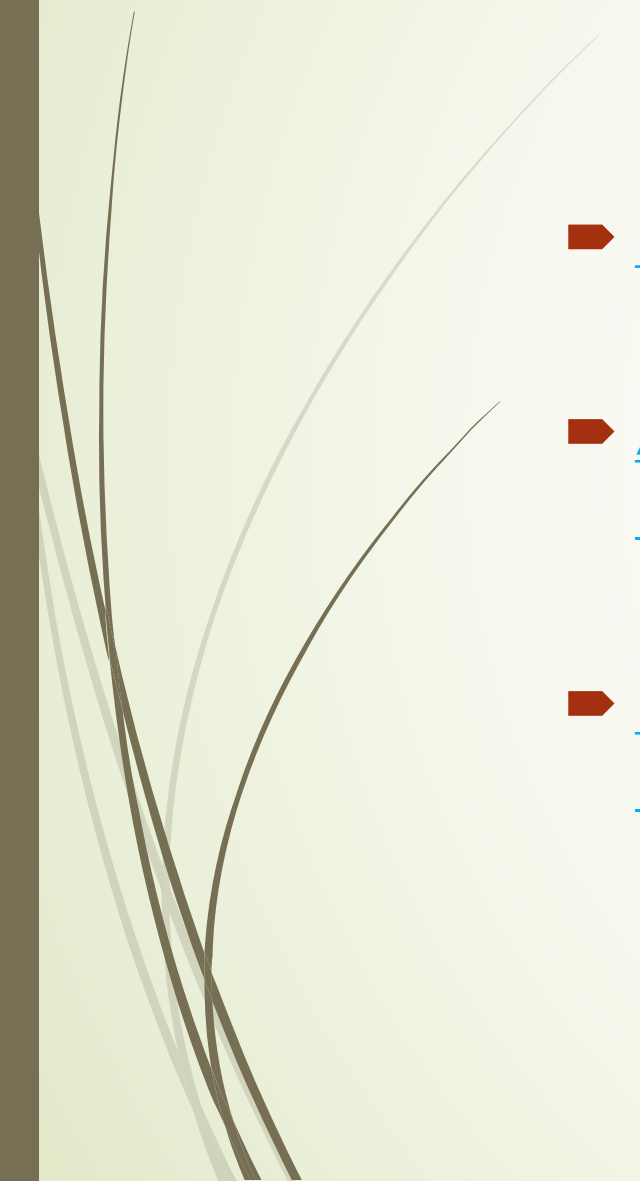


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 - All Access Employee Resource Group - Mental Health Resources
 - <https://allaccess.lbl.gov/mental-health-resources>
 - UC Berkeley Be Well At Work and Employee Assistance Program
 - <https://uhs.berkeley.edu/bewellatwork/employee-assistance>
- 

University Health Services

Home Medical Insurance (SHIP) Counseling Health Promotion Faculty & Staff > Get Health Care

Faculty/Staff Employee Assistance



Disability
Management

Employee
Assistance

Elder Care

Ergonomics

Occupational
Health

Wellness

Work/Life

- About Employee Assistance
- Workshops
- Resources
- Handouts
- Newsletter
- Managers & Supervisors
- Contact Employee Assistance

Employee Assistance
Counseling for UC Berkeley Faculty and Staff, and
Employees of Lawrence Berkeley Laboratory

Phone: (510) 643-7754
Email: employeeassistance@berkeley.edu

University Health Services, Tang Center
2222 Bancroft Way
Suite 3100 (3rd floor)
Berkeley, CA 94720-4300

Black Lives Matter

See our statement, services, and resources
for Black & African American Staff/Faculty

COVID-19 Wellbeing Resources for Faculty and Staff



Be Well at Work - Employee Assistance provides no cost confidential counseling and referral for UC Berkeley faculty, staff, visiting scholars, and postdocs. It is also the employee assistance program for the Lawrence Berkeley National Laboratory.

[COVID-19] - Please note we are not scheduling in-person appointments at this time. Appointments are available by phone or video using a HIPAA-compliant platform.

To schedule an appointment with an Employee Assistance counselor, please contact us at (510) 643-7754 or email employeeassistance@berkeley.edu

LBNL Employee Assistance Program



GET - SUPPORT,
GUIDANCE,
CONSULTATION,
ASSESSMENTS,
REFERRALS,
INFORMATION



SERVICES - FREE,
CONFIDENTIAL,
VOLUNTARY,
PROFESSIONAL



OPTIONS –
INDIVIDUAL SESSIONS,
SUPPORT GROUPS,
WORKSHOPS,
MANAGEMENT
CONSULTATIONS



COUNSELORS -
LICENSED
PROFESSIONALS WITH
KNOWLEDGE OF LBNL
CULTURE AND
RESOURCES



APPOINTMENTS -
MONDAY THROUGH
FRIDAY 8AM TO 5PM,
BOTH TELEPHONIC
AND VIDEO



CONTACT – EMAIL,
PHONE, WEBSITE



In closing

- There is no single solution that will be a perfect fit for everyone. Some people have adapted well to our 'new normal' and others need more support than we have available.
- If you can benefit from the available resources, do so. If you must find your own outlet, do that as well. The key take away is to take care of yourself however you need.
- If you discover something that works for you, and you would like to share it with others who are looking for support, please consider joining the **Wellness is the New Normal [zoom meeting](#) on Tuesday, October 13**, 12:15pm – 12:45pm. Connect with fellow Berkeley Lab colleagues and join in on short facilitated discussions once every two weeks to share tips on being well throughout this challenging time.



One more thing...

The sea otter, penguin and jelly-fish cams are very good for stress management:

- ▶ <https://www.montereybayaquarium.org/animals/live-cams/sea-otter-cam>
 - ▶ <https://www.montereybayaquarium.org/animals/live-cams/penguin-cam>
 - ▶ <https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>
- 