What’s on tap for well-being…weeks of 12/7 and 12/14?

“[Sometimes carrying on, just carrying on, is the superhuman achievement.” –Albert Camus](https://twitter.com/intent/tweet?url=https%3A%2F%2Fwww.success.com%2F11-resilience-quotes-that-will-give-you-the-strength%2F&text=%E2%80%9CSometimes%20carrying%20on%2C%20just%20carrying%20on%2C%20is%20the%20superhuman%20achievement.%E2%80%9D%20%E2%80%93Albert%20Camus&via=successmagazine&related=successmagazine)

2020 is quickly coming to end.  To celebrate and share what we've been up to this year I have started drafting the GMEHC annual well-being report.  If you engaged with any of our programming over the past year and would be interested in **sharing your experience** in our annual report, I would love to hear from you.   Please help me spread the word about the value of our programming and highlight the importance of well-being in the workplace.  You can reach me at Rebecca.schubert@gmhec.org  I'd love to hear from you and include your feedback in our report.

With the new year right around the corner it's a great time to examine our self-care behaviors and consider how we might make ourselves and our self-care more of a priority.  A **health coach** can be a great resource and Cigna offers free health coaching as part of your benefits.   A coach partners with you to help you harness your strengths to implement the changes you would like to make to enhance your well-being.  To learn more about Cigna health coaching, check out this short [video](https://www.youtube.com/watch?v=tjbTCtq6OyQ&app=desktop) or go to [www.mycigna.com](http://www.mycigna.com/) and click on Manage My Health and select My Health Assistant Online Coaching from the drop down menu.

**Self-care during the holiday season** and beyond: As we all know, self-care is so important for our mental and physical health and for our emotional well-being.   Might there be some  room to enhance your self-care rituals? Join Nancy Wind, health and lifestyle coach and founder of Peaks and Poses to learn some new tips to help you feel rested, live with ease, and leave some stress behind.  Monday, December 7th 7:00-8:00 pm EST.  Learn more and register [here](https://www.google.com/url?q=https://www.peaksandposes.com/events-2&sa=D&source=calendar&ust=1607187170757000&usg=AOvVaw336r0bA-HgauPPpmLVvvLS).

How to **Combat Loneliness This Holiday Season**: Many of us will feel alone this holiday season. The social distancing and quarantining that's come as a result of the ongoing pandemic is likely to magnify the sense of isolation and loneliness. But there are steps we can take to increase our connections to our friends and family, and to the community at large.  Join loneliness expert Dr. Jeremy Nobel and special guests Emily Allen and Erica Curtis for this webinar.  Learn strategies to connect authentically with others, gain a sense of purpose by giving back and bond creatively with family and friends while physically separated.  Wednesday, December 9th.  11:00-noon EST. Preregistration required.  Click [here](https://cigna.happify.com/hd/how-to-combat-loneliness-this-holiday-happify-webinar/?et=5ab80274-8307-4d86-8cce-021ce76565df) to register.

**Breaking the Cycle of Bad Work Experiences**: It's December, and that means that most of us are thinking about two things: navigating the holidays and planning for next year. 2020 has taken a toll on everyone (to put it mildly). If you are feeling overworked, exhausted, and overlooked, you aren’t alone. But things don’t have to stay this way next year. You can take control of your experience of work, and that starts with betting on YOU. In this live webinar, Jason Lauritsen, Chief Content Officer of Achieve Engagement will be joined by Laurie Ruettimann, author of the new book, Betting on You: How to Put Yourself First and (finally) Take Control of Your Career. A former human resources leader turned writer, entrepreneur, and speaker. Laurie is legendary for providing no-nonsense, straight talk about career, work, and the workplace. Join us as we explore Laurie’s advice on how to take control of your career (and your life) in 2021. Thursday, December 10th 2:00-3:00 pm EST. Preregistration required.  Click [here](https://www.google.com/url?q=https://www.achieveengagement.org/webcasts/what-s-next-breaking-the-cycle-of-bad-work-experiences&sa=D&source=calendar&ust=1607432490012000&usg=AOvVaw3un17zbCDqrUtmbvq7Jrdh) to register.

**Delegating for Development**: Delegating is a critical skill for managers at any level. Supervisors that can effectively delegate can free up a great deal of their own time, help their direct reports to cultivate expertise in learning, and can develop their own leadership skills. Embrace the advantages of delegation and learn specific methods for engaging in delegation.  Brought to you by New Directions Behavioral Health.  Wednesday, December 9th.  Preregistration required.  Register [here](https://events-na5.adobeconnect.com/content/connect/c1/936006416/en/events/catalog.html?folder-id=2042529307&from-origin=ndbh.adobeconnect.com&OWASP_CSRFTOKEN=b4aa20d964cb6d0f07a3fd255e46b81a5becd2e89a46a283fb662c2e377113d1).  12:00-1:00 pm or 3:00-4:00 pm EST.

**Embracing You: The Power of Acceptance:** We can often be the most critical of ourselves, which can impact our mental and even physical health in the long run. Accepting ourselves, others and situations encourages a healthy heart and mindset. Discover how to embrace you as you, and the value of acceptance in daily living.  Brought to you by New Directions Behavioral Health.  Wednesday, December 16th.  Preregistration required.  Register [here](https://www.google.com/url?q=https://events-na5.adobeconnect.com/content/connect/c1/936006416/en/events/catalog.html?folder-id%3D2042529307%26from-origin%3Dndbh.adobeconnect.com%26OWASP_CSRFTOKEN%3Db4aa20d964cb6d0f07a3fd255e46b81a5becd2e89a46a283fb662c2e377113d1&sa=D&source=calendar&ust=1607369824970000&usg=AOvVaw1nRmeOw_XkrF3v4QjWB-IP). 12:00-1:00 pm or 3:00-4:00 pm EST.

8-week **beginners mindfulness** course:  Join Coach Cami, founder of Guided Resilience for this 8 week course.   This 8-week program invites you to draw from Cami’s Mindful Pause approach to establish a personally meaningful mindfulness practice that promotes inner peace and stability.  To learn more or to register, contact Cami at cami@guidedresilience.com and let her know you are part of GMHEC.  Two options:  Thursdays, January 7th – February 25th 7:00-8:30 pm or Saturdays, January 9th – February 27th.  9:00-10:30 am.

Of course, don’t forget to check out our **daily yoga and fitness classes**.  You can get all the details on the [calendar](https://gmhec.org/gmhec-well-being-calendar/).   The password is GMHECWell-Being.  If you have not already subscribed to our newsletter, shoot me an email and I’ll add you to the listserv.  The newsletter is the best way to stay informed about all our happenings.