



**Dear Faculty and Staff,**

Join the [Wellbeing Hotline](#) and Benefits for a 6-week well-being webinar series for the GW community. Well-being topics will incorporate unique strategies as we continue to experience the effects of COVID-19, including social distancing, the blurred lines of work/life and changing routines.

The lunch-n-learn webinars are flexible; we invite you to join a session for the length of time your schedule allows.

### **Webinar Topics**

#### **[Monday, February 22 at 12 p.m. - Strategies for Managing Virtual School at Home](#)**

With the lines of home/school/work life blurred this year, this session will focus on how to set you and your family up for success through the remaining months of the school year. Review why it's important to set and stick to your daily routine, create a virtual community of support and celebrate small victories.

#### **[Thursday, February 25 at 12 p.m. – The Importance of Staying Connected](#)**

Social distancing doesn't mean social isolation. As we navigate winter weather and limiting social interaction, it's critical that we continue to connect with our friends, family, neighbors and co-workers. Join this session for motivation to create a virtual event of your own – from reunions and baby showers, to book and cooking clubs, be inspired to reach out and connect to those you're missing.

#### **[Thursday, March 4 at 12 p.m.– Well-Being for Busy People](#)**

Life has not slowed down for most of us, and our well-being can take a back seat when we're juggling competing needs. Join this webinar to create a fresh focus on the importance of putting ourselves first. We'll focus on the roadblocks that prevent us from incorporating healthy habits, the value of having 20 minutes and easy strategies for prioritizing healthy eating.

### Thursday, March 11 at 12 p.m. – Your New Normal – What Will You Change and Keep?

2020 provided us with many lessons that are important to reflect upon as we see hope on the horizon. What did you learn from the people in your life? What activities kept you going and how can you incorporate those routines into your daily routine? This session will focus on these questions and more to intentionally create a pattern of life that incorporates lessons from the past year.

### Thursday, March 25 at 12 p.m. – Coping with Loss During COVID

Experiencing loss during COVID was especially challenging this year. Ambiguous loss is challenging to navigate and it's important to recognize how you are managing loss during this time. This webinar will focus on the new ways grief may show up in our life, the importance of self-care, how we can honor loved ones, and support those experiencing loss.

Include information about Well-being Hotline