CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

ENHANCING RESILIENCE BY CULTIVATING A CONTEMPLATIVE LIFESTYLE

Delight in developing daily lifestyle habits that render the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hard times and adapt to change, and more importantly, to learn from both. This increases a person's capacity to manage stress, deal with difficult feelings and handle what comes their way. Thus, resilience supports professional excellence. Fifty years of research has shown that contemplative practices, such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness-awakening nature walks, and experiencing membership in something larger than your individual life, all enhance resilience.

This 2-session workshop, in conjunction with Stanford's 2018 Contemplation By Design (CBD) Summit, will equip you with tools from the science of behavior change, (namely, identify the behavior change goal, develop a plan, evaluate the resources and barriers, act on plan for two weeks, reassess and revise plan as needed) for creating or strengthening your contemplative lifestyle routine. Enjoy developing a personal resilience-building lifestyle action plan during these two 1-hour sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit, and thus maximize the benefits you receive from the free Summit sessions you attend.

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive.

Instructor: Tia Rich, PhD, is the Senior Specialist in Health Promotion. Dr. Rich's creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

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<td>WED</td>
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<td>5:30-6:30pm</td>
<td>Education Bldg. (Cubberly), Rm 313</td>
<td>$60 (staff/ea: yes)</td>
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EQUINE-IMITY: STRESS REDUCTION IN THE COMPANY OF HORSES

Do you wonder what it means to be “healthy as a horse”? This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply stress relief techniques. Horses help us develop these skills through their magnificent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body.

Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or “of the body” learning, in combination with daily practices offered in class will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 class sessions plus 1 individual private session. No horse experience needed.

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive.

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

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<td>$320 (staff/ea: yes)</td>
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CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

EQUINE-IMITY: SOMATIC HORSEMANSHIP – 1-HOUR INDIVIDUAL SESSION
Whether you have taken the 4-week Equine-imity course and want to add an additional session, or just wish to experience this program privately, this individual session provides a unique opportunity for stress reduction and emotional self-regulation.

These 1-hour individual sessions are conducted with one or more gentle, sociable horses at a beautiful ranch 10 minutes from campus. Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. All activities are conducted on the ground with the herd or a single selected horse.

There is an option for a mounted meditation ride after completing one ground session. (A Ranch surcharge applies, not covered by STAP) No horse experience needed. Handbook included. You will be contacted within 5 business days of registration to schedule an appointment.

Instructor: Beverley Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, PATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

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HEADSPACE – MEDITATION MADE SIMPLE

Headspace is your very own personal guide, here to help you train your mind. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

With this digital program’s 1-year subscription, you'll have access to every meditation and mindfulness exercise in the Headspace Library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other packs.

Special Two-Step Registration Process:
Step 1 – Register for the Headspace program at hip.stanford.edu
Step 2 – Receive email from HIP with unique code and instructions for how to access your program

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CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

LIFE’S PURPOSE WORKSHOP: EXPLORING PURPOSE FOR HEALTH, HAPPINESS, AND LONGEVITY
“The meaning of life is to find your gift. The purpose of life is to give it away.” – Pablo Picasso

Have you ever wished for more professional and 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 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to finding your purpose and putting it in the driver’s seat for living a healthier and more fulfilled life.

By the end of this class, participants will be able to:
☼ identify the health benefits of having purpose in life (such as reduced stress, anxiety, better sleep, lower mortality)
☼ recognize their values (reflection activities and conversations on personal values systems)
☼ define the positive impact of value-based behaviors on health (review the effect of value affirmation in behavior change)
☼ uncover their passion and talents/gifts through reflection, worksheets, and guided discussion
☼ align values, passions, and gifts with purpose (class activities to define top 5 passions and top 5 gifts in a purpose formula)

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive

Instructors:
• Jayna Rogers, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine 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.
• Susan Saba, MPH, has a background in health education program planning, group facilitation, and health behavior change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

Day Dates Time Location Fee Code
FRI 10/5-11/2 12:00-1:15pm HRP-Redwood Bldg., Rm T116 $200 (stap/ea: yes) lpw-01

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

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 class is modeled on the program taught at the U MASS 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. Included in the class fee is the text Full Catastrophe Living, by Jon Kabat-Zinn, handouts, and recorded meditations.

PLEASE NOTE: This class qualifies for a BeWell Engagement incentive

Instructor: Mark Abramson, DDS, is the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford.

Day Dates Time Location Fee Code
TUE 9/25-11/13 7:00-9:30pm Li Ka Shing Learning Ctr., Rm 130 $330 (stap/ea: yes) msm-01

SATURDAY RETREAT: NOVEMBER 3, LI KA SHING LEARNING CTR., RM 101

PERSONALIZED STRESS REDUCTION

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. Practicing mindfulness has been empirically shown to improve quality of life and reduce the symptoms of stress, whether it manifests as anxiety, depression, physical agitation, or illness. With 1:1 support in a comfortable, individualized setting, you will be introduced to mindfulness techniques such as breath awareness, meditation, body scan, and gentle yoga and begin to develop a practice that resonates with you and fits into your lifestyle. We will also practice awareness of automatic thoughts, re-framing, and connecting to the values that inform the life you want to lead. You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas, Founder of Mindful Wellness, delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. A Wellness Consultant for over 20 years, Patty teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for HIP.

Appointments: Tuesdays 2-3pm and Wednesdays 11am-2pm.

Day/Date Location Fee Code
T/W appointments TBD $275 (stap/ea: yes) psrp-04b

REGISTER ONLINE  http://hip.stanford.edu
OH, FOR A GOOD NIGHT’S SLEEP: USING MINDFULNESS TO REGULATE YOUR SLEEP AND YOUR LIFE
Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night’s sleep. In this 3-session class, we will review core aspects of wellness – sound sleep, stress reduction, consistent exercise, and healthy eating – and learn how the quality of these fundamental activities affects each moment of our day. Experience guided meditations that will help you feel better and improve your ability to cope with the typical stressors of daily life. You will learn current guidelines for good sleep hygiene and the most common causes of difficulty falling asleep or nighttime wakefulness. Class activities will include goal setting for implementing healthy sleep habits, tracking sleep patterns, and assessing results.
Instructor: Patty McLucas is the founder of Mindful Wellness, which delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. Patty has been a Wellness Consultant for over 20 years, and she teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for HIP.

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REGISTER ONLINE   http://hip.stanford.edu
HEALTH ENRICHMENT

REIKI ENERGY HEALING – LEVEL 1
Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body's own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

In this Saturday class, the history, benefits and principles that guide the practice of Reiki will be introduced. You will learn the basic hands-on healing positions and how to receive an energetic attunement. The human bio-energy field and techniques of energy perception, cultivation, grounding and clearing will be discussed and experienced. Students will practice self-healing and giving and receiving Reiki sessions to classmates. Leave class with the confidence to share Reiki with your family, friends, pets, and plants.

Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

Instructor: Linda Alderman, BA, Reiki Master practitioner and teacher.

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REIKI ENERGY HEALING – LEVEL 2
Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body's own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

Level 2: You will learn to focus and develop your Reiki healing energy using three mantras and symbols: the Power symbol, the Mental/Emotional symbol and the Distance Healing symbol. Three additional attunements will be provided that expand your abilities and energetic awareness. Full treatment protocols will be discussed. You will learn how to use Reiki to assist people, places and global situations remotely, beyond present time and space.

Level 1 Reiki certification (any lineage) is a prerequisite.

Instructor: Linda Alderman, BA, Reiki Master practitioner and teacher.

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SITTING COMFORTABLY AT YOUR COMPUTER STATION
Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free, prevent injury, and reverse bad habits before they become chronic. Please allow two weeks for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP, is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches "Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension" for HIP. Class code: feld-01.

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<td>By appointment</td>
<td>Your workstation</td>
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HEALTH ENRICHMENT

SLEEPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM
Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 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 techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the ‘racing mind’ and to overcome 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 that cover common problem areas like pregnancy, shift work, and jet lag.

To get started:
Step 1 – Discover your Sleep Score for free at https://www.sleepio.com/stanford
Step 2 – Register through HIP and continue with the full online sleep improvement program

PLEASE NOTE: This class qualifies for a BeWell Engagement Incentive

Instructor: Sleepio’s virtual sleep expert, The Prof, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

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SPINEFULNESS – PLUS FOCUS ON KNEES
Are you plagued by chronic tension, stress, aches or pains? Are you fit, but injured? Whether you are a high performance athlete or someone who sits all day, having your bones work for you, instead of against you, can relieve pain and allow your body to regain its natural strength and efficiency. In the first 4 weeks of this 6-week class, we will examine alignment while sitting, standing, bending, and walking. You will learn to sense the interplay between muscle tension and bone alignment in all of these activities. Simple, yet profound changes will help you find and keep your “spinefulness”. This class is great for beginners or those ready to take their posture awareness to the next level.

In the last 2 sessions of this class, we will focus in on the knees. Do your knees talk to you with clicks, creaks, pops, or just cry “ouch” with every step? Is it hard to get up and down or climb stairs? Learn how applying “spinefulness” skills and using your leg muscles in complimentary support can bring relief to tired and painful knees.

Instructor: Jenn Sherer, BS, owns and runs Spinefulness Studio in Palo Alto. Spinefulness freed her of the ailments that made her feel old: chronic shoulder, neck, knee, bunion and back pain. Now, she champions Spinefulness as a practical non-invasive way to resolve muscular skeletal pains, and as a way to increase overall wellness.

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<td>$225 (STA/EA YES)</td>
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THE GOKHALE METHOD: NO MORE ACHES AND PAINS

Improving posture and movement is one of the simplest and most powerful ways of reducing pain, elevating mood, and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise.

You will use the recently invented Gokhale Spine Tracker™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Monisha White, a PDF copy of Gokhale’s 8 Steps to a Pain-Free Back, a streamable version of Back Pain: The Primal Posture Solution, and a Stretchsit® cushion.

Class format: 3 hour morning instruction, a bring-your-own-lunch discussion hour, 3 hour afternoon instruction.


Monisha White is a qualified Gokhale Method teacher. Ms. White is a recent Stanford graduate (B.S. in computer science) and Esther’s youngest child. Being raised with the Gokhale Method has enriched her life and kept her natural posture intact.

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TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRINCIPLES AND PRACTICES

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session course in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupressure points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands. Please join us. This Monday through Friday class (Oct. 22-26) will focus on one of the 5 Elements each night.

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy) is the founder and head instructor of Dashen® Foundation of acupressure and qigong training. Luca is currently a faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose, CA. He also has a private practice in Ashland, Oregon and Mountain View, California.

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