

LIVE EVENTS

SCHEDULE

January's Live Events Schedule

Join Lyra's live events to learn new skills to support your well-being at work, at home, and in relationships. There are two types of events, and both are a free part of your mental health benefit:

WATCH - Build skills in a webinar, no camera or discussion needed

DISCUSS - Foster connections in a small group conversation with your camera on

Sign up for live events by logging into your Lyra account. Download the app or visit care.lyrahealth.com. Events are listed in the Library. Additional live events may be added to this schedule based on popular demand and timely topics.

WATCH

Coping with Election Season

Jan 3 | 9 - 10 a.m. PT / 12 - 1 p.m. ET / 5 - 6 p.m. GMT

Jan 16 | 12 - 1 p.m. PT / 3 - 4 p.m. ET / 8 - 9 p.m. GMT

The time after an election can be tense, regardless of how you feel about the results. Change is in the air, and, as a result, you might experience heightened emotions, or observe shifts in your relationships and community.

In this webinar, you will learn research-backed strategies for managing emotions and stress. While you cannot control all that happens during or after an election, there are still ways to cope and care for yourself during this time.

WATCH

Making Self Care Work for You

Jan 7 | 12 - 1 p.m. PT / 3 - 4 p.m. ET / 8 - 9 p.m. GMT

Jan 23 | 3 - 4 a.m. PT / 6 - 7 a.m. ET / 11 a.m. - 12 p.m. GMT

When we need to recharge and feel our best, self-care can help. Yet, when we're busy and stressed, self-care falls off the to-do list, often when we need it most. In this webinar, you'll learn how to put the "self" back in self-care—including how to prioritize the practices you need and create a realistic, personalized plan that works for you.

WATCH

The Science of Living Well

Jan 15 | 9 - 10 a.m. PT / 12 - 1 p.m. ET / 5 - 6 p.m. GMT

Jan 27 | 3 - 4 p.m. PT / 6 - 7 p.m. ET / 11 p.m. - 12 a.m. GMT

When life feels dull, it's easy to feel checked out—like we're all just going through the motions. But how do we move forward? The path to more joy and fulfillment is found in positive psychology, or the study of how humans live well. In this workshop, we'll share science-backed strategies for living well—including practical ways to bring more balance, purpose, and joy into your day-to-day routine.

DISCUSS

Leading Teams While Meeting Company Goals

Jan 7 | 3 - 4 p.m. PT / 6 - 7 p.m. ET / 11 p.m. - 12 a.m. GMT

Jan 21 | 8 - 9 p.m. PT / 11 p.m. - 12 a.m. ET / Jan 22 | 4 - 5 a.m. GMT

As a manager, you have the opportunity to make a real difference in the lives of those you lead—but you also have to balance their needs with the organization's priorities, two things that can sometimes feel at odds. When employees are struggling, this task can start to seem even more complicated.

Join the Gathering to discuss ways to support employee mental health and champion organizational goals, while caring for yourself in the process.

This Gathering is intended for people leaders.

DISCUSS

New Year Resolutions and Self-Care

Jan 8 | 9 - 10 a.m. PT / 12 - 1 p.m. ET / 5 - 6 p.m. GMT

Jan 16 | 2 - 3 a.m. PT / 5 - 6 a.m. ET / 10 - 11 a.m. GMT

The start of a new year often brings expectations for change and the desire to accomplish certain goals. As we all know, though, these resolutions are much easier said than done.

Join this Gathering to talk about how to set reasonable goals for the new year and work toward actually achieving them. Because it's definitely happening this year, right?

DISCUSS

Practicing Full Presence

Jan 14 | 12 - 12:30 p.m. PT / 3 - 3:30 p.m. ET / 8 - 8:30 p.m. GMT

Jan 28 | 2 - 2:30 a.m. PT / 5 - 5:30 a.m. ET / 10 - 10:30 a.m. GMT

Do you feel like there are so many things going on that you don't know where to start and need a few minutes to just...be? If this sounds like you, you'll want to join this Gathering. Pause your daily activities and to-do list to engage in a mindfulness meditation activity. You will be encouraged to embrace stillness and slowness for 30 minutes to reorient yourself and be more present throughout the rest of your day.

Join this space to practice the art of being fully present in the moment.

DISCUSS

Beating the Post-Vacation Blues

Jan 16 | 9 - 10 a.m. PT / 12 - 1 p.m. ET / 5 - 6 p.m. GMT

Coming back to work after a vacation is never easy. You might feel overwhelmed by the tasks waiting for you—and discouraged by the stark contrast between your time off and your everyday reality.

Thankfully, there are ways to make the shift a lot more manageable. Join this Gathering to discuss the challenges of heading back to work after a vacation, plus self-care strategies to manage stress and maintain your mental health during the transition.

DISCUSS

Coping with Critical Events

Jan 28 | 12 - 1 p.m. PT / 3 - 4 p.m. ET / 8 - 9 p.m. GMT

When a difficult event or crisis happens, it sends shockwaves. Unpredictable critical events are challenging for the people directly impacted, but witnessing the consequences and impact on the news or social media can also be triggering. Even those who are not directly affected can experience feelings of uncertainty.

Join this Gathering to talk with others about how to manage difficult emotional responses and cope in healthy ways when experiencing a crisis on an individual or cultural level.

DISCUSS

Racial Advocacy

Jan 29 | 3 - 4 p.m. PT / 6 - 7 p.m. ET / 11 p.m. - 12 a.m. GMT

You notice it in the news, on social media, and in your relationships. Racial injustice impacts all of us. But what can you, as one person, do about it? If you've asked yourself this question, you're not alone. Plenty of people want to make a difference, yet don't know where to start—or how to stay committed to the cause when challenges arise.

Join this Gathering to discuss how to meaningfully advocate for members of minoritized groups, plus what it takes to sustain your efforts over time.

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