

LIVE EVENTS

SCHEDULE

## October'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](https://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**

### Mental Health Basics

Oct 10 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

What is mental health? How does it impact us? Why don't we talk about it? In this webinar, you'll get an introduction to mental health and an overview of some research-backed ways to support yourself.

**WATCH**

### Coping with Election Stress

Oct 16 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 29 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

For many people, election season feels full of tension, nerves, and uncertainty. It makes sense to feel stressed—especially if you are someone who is worried about how the results will impact your life and community. In this webinar, you will learn research-backed strategies for managing these difficult emotions and stress. While you cannot control all that happens during an election, there are still ways to cope and care for yourself during this time.

This webinar is most appropriate for anyone who may be experiencing stress related to the upcoming 2024 United States Election.

WATCH

## Making Self-Care Work For You

Oct 21 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 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

## Minding Your Mental Health

Oct 23 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

For many, seeking mental health support can feel like a mystery. How do you know when you need it? What happens when you meet with someone? What should you expect? This webinar will walk you through it all—addressing the most common questions people have about working with a mental health professional and giving you a better idea of what mental health support is like.

DISCUSS

## Mental Health is for Everyone

Oct 2 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 8 | 1 - 2 a.m. PDT / 4 - 5 a.m. EDT / 8 - 9 a.m. GMT

Oct 8 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 9 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Over the past few years, more and more people have been talking about mental health at work. While this is a big step, there is still a lot more that needs to be done. We should all continue to work together to reduce shame and stigma inside and outside of work.

Join this Gathering to either voice or listen to ways that coworkers can advocate for mental health at work and support each other on the journey toward a healthier self.

DISCUSS

## Coping with Critical Events

Oct 2 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 17 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Oct 21 | 1 - 2 a.m. PDT / 4 - 5 a.m. EDT / 8 - 9 a.m. GMT

Oct 24 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 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

## Working While Grieving

Oct 3 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 7 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Grief is one of the most common human experiences, yet it's one of the least discussed and understood. Grief impacts our ability to be present and fully engaged, especially at work.

Join this Gathering to discuss the ways grief impacts work and share helpful strategies to make room for both.

DISCUSS

## Embracing Complex Identities

Oct 7 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 16 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Discussions of power and prejudice are incomplete if we don't consider how the unique identities a person holds intersect. For example, did you know that Black transgender women are more likely to experience abuse than women in other racial groups? While you might not be surprised, we should all think about why this happens.

Join this Gathering, in honor of Indigenous People's Day, to explore how intersectionality affects both how we experience the world and how the world perceives us.

DISCUSS

## Trauma-Informed Workspaces

Oct 8 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 10 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Far too many people have survived traumatic, life-changing circumstances. And—even when it's not intentional—the experiences we have at work can make the impact of trauma worse.

Join this Gathering to learn more about supporting employees with a history of trauma. We'll discuss specific strategies you can use to promote a more trauma-informed workspace and foster a culture of safety, agency, and respect.

DISCUSS

## Women's Health: Mind, Body, and Soul

Oct 9 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Oct 17 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

The female body goes through a ton of changes over the course of a lifetime. From hormonal shifts to infertility, pregnancy, menopause, and more, these changes become even more challenging if you're navigating an illness or chronic condition.

Join this Gathering to discuss the important connection between women's physical and mental health. We'll also cover ways to feel more empowered throughout your health journey—including how to advocate for yourself and practice self-care along the way.

DISCUSS

## Practicing Full Presence

Oct 9 | 12 - 12:30 p.m. PDT / 3 - 3:30 p.m. EDT / 7 - 7:30 p.m. GMT

Oct 10 | 1 - 1:30 a.m. PDT / 4 - 4:30am EDT / 8 - 8:30 a.m. GMT

Oct 22 | 12 - 12:30 p.m. PDT / 3 - 3:30 p.m. EDT / 7 - 7:30 p.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

## Visible Disabilities in the Workplace

Oct 15 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 22 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Oct 30 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

At work, people with visible disabilities can struggle with feeling both hyper-noticed and undervalued, as their unique skills and perspectives may go overlooked.

Join this Gathering, in honor of National Disability Employment Awareness Month, to discuss the issues impacting people with visible disabilities, plus how to increase safety and inclusion in the workplace.

DISCUSS

## Managing Workplace Expectations

Oct 15 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 23 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Oct 28 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Expectations about our performance can stem from the demands we put on ourselves, or be placed on us by others. Either way, we can begin to tie our worth to our ability to meet these high expectations. At best, this can be exhausting; at worst, we feel like we might buckle under their weight.

Join this Gathering to talk more about the ways pressure to perform can impact mental health, as well as how to take care of yourself when the expectations you're up against become overwhelming.

DISCUSS

## Self-Care for DEIB Leaders

Oct 17 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 28 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Diversity, equity, inclusion, and belonging (DEIB) leaders are part of the heartbeat of their organizations, inspiring innovation and connection every day. DEIB work is both crucial and deeply personal—and, as a result, can be equal parts fulfilling and draining.

Join this Gathering to connect with other DEIB leaders to discuss the successes and challenges of this work, how to make your efforts feel more sustainable, and how to practice self-care along the way.

DISCUSS

## AAPI at Work

Oct 23 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Oct 30 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

“Shouldn’t this math problem be easy for you?”

“Where are you from—really?”

If you identify as Asian American or Pacific Islander (AAPI), you’ve likely heard microaggressions like these. Everyday prejudices, combined with the recent rise in Anti-Asian hate, have made this an especially traumatic time for AAPI individuals.

This Gathering will provide a safe space for members of the AAPI community to discuss topics such as embracing cultural identity and managing race-related stress at work.

DISCUSS

## Safety, Inclusion, and LGBTQIA+ Identity

Oct 24 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Oct 29 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Every employee should feel safe and valued seen in the workplace. For people in the LGBTQIA+ community, the road to safety and inclusion in the workplace can be filled with disappointment, discrimination, and more.

Join this Gathering to talk about what safety and inclusion has looked like for you, as well as ways to improve these things in the workplace.

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