

LIVE EVENTS

SCHEDULE

February 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.

All events are 1 hour duration unless stated otherwise in the event description.

WATCH

Ditching Impostor Syndrome

Feb 4 | 12 p.m. EST / 5 p.m. GMT

Feb 20 | 5 a.m. EST / 10 a.m. GMT

Feb 24 | 3 p.m. EST / 8 p.m. GMT

"Impostor syndrome" is the fear of being exposed as a fake, despite obvious successes and accomplishments. This type of self-doubt can hold you back at work, worsen your mental health, and lead to burnout. But, these worries don't have to run the show. In this workshop, we'll cover strategies to help you step out of self-doubt and into self-confidence by shifting your thinking and behaviors. You'll walk away feeling ready to ditch your fears and embrace your true talents.

All events are 1 hour duration unless stated otherwise in the event description.

WATCH

Black History as a Tool for Advocacy

Feb 10 | 6 p.m. EST / 11 p.m. GMT

Feb 19 | 12 p.m. EST / 5 p.m. GMT

Black history is often defined in a way that lacks substance and nuance, which can contribute to a misunderstanding of the people who identify as members of this group and confusion about how to support them. This workshop will provide a thorough definition of Black history and explore how increasing the depth and breadth of Black history knowledge can serve as a basis for engaging in effective and meaningful racial advocacy. Practical steps for pursuing racial advocacy will be discussed.

DISCUSS

New Year Resolutions and Self-Care

Feb 4 | 3 p.m. EST / 8 p.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

Coping with Critical Events

Feb 5 | 12 p.m. EST / 5 p.m. GMT

Feb 20 | 5 a.m. EST / 10 a.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.

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DISCUSS

Politicizing Black Identity In The Workplace

Feb 5 | 3 p.m. EST / 8 p.m. GMT

People who identify as Black or African American can sometimes feel like their racial and/or cultural identity has been "politicized," or used by others as part of a campaign, movement, or intellectual discussion. This can cause a difficult shift in our personal and professional relationships, as well as in our emotional experiences.

Join this Gathering to discuss the politicization of Blackness in the workplace and beyond, as well as how to prioritize your well-being when this happens.

DISCUSS

Navigating Impostor Syndrome

Feb 6 | 5 a.m. EST / 10 a.m. GMT

Feb 25 | 12 p.m. EST / 5 p.m. GMT

Even confident professionals can struggle with self-doubt and fear of being 'found out.' This feeling, known as impostor syndrome, affects many, especially high achievers, and can lead to us questioning our worth and accomplishments. Join this Gathering to explore the realities of impostor syndrome, share strategies for overcoming it, and discuss self-care practices to support your journey.

DISCUSS

Managing Workplace Expectations

Feb 6 | 12 p.m. EST / 5 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.

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DISCUSS

Exploring Multiracial Identity

Feb 11 | 3 p.m. EST / 8 p.m. GMT

Living in America with more than one racial or ethnic identity comes with its own set of unique experiences and viewpoints. It can impact how you were raised, how you see yourself, how others perceive you, and more. But exploring the hyphen can be a powerful point of connection.

Join this Gathering to discuss the unique experiences of identifying with more than one racial or ethnic identity.

DISCUSS

Anxiety During Political Uncertainty

Feb 12 | 12 p.m. EST / 5 p.m. GMT

You don't have to directly experience a political crisis to be affected by it. Simply bearing witness to the event, through the news or social media, can be very upsetting—even triggering—for some people, bringing up difficult emotions and feelings of uncertainty.

Join this Gathering for a discussion on handling common challenges during political crises and conflicts. We'll focus on managing your emotions and finding healthy coping strategies you can use as critical events unfold.

DISCUSS

Black Men And The Mental Health Journey

Feb 13 | 3 p.m. EST / 8 p.m. GMT

Strong. Rational. Self-Sufficient. Many see these as measures of masculinity, especially in the Black community. In excess, though, these positive traits can take a serious toll on mental health.

Black men face unique cultural and identity-related challenges that can make getting help feel especially daunting. This Gathering offers a space to explore how cultural messages impact mental health, and to demystify—and destigmatize—seeking mental health support.

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DISCUSS

Combating Isolation and Loneliness

Feb 12 | 3 p.m. EST / 8 p.m. GMT

Feb 25 | 11 p.m. EST / Feb 26 | 4 a.m. GMT

As humans, we're hardwired for connection. Relationships bring meaning and fulfillment to our lives—but building and maintaining them is easier said than done. It can sometimes seem like we're the only ones struggling, yet the truth is that even in today's hyperonline world, many of us feel lonelier than ever, unsure how and where to find our people.

Join this Gathering to discuss ways to combat loneliness and isolation, plus strategies for taking care of yourself along the way.

DISCUSS

Black Female Experience

Feb 19 | 3 - 4 p.m. EST / 8 - 9 p.m. GMT

"Black Girl Magic" isn't just a catchphrase—it's a movement. It encompasses and celebrates the power, brilliance, beauty, and resilience of Black women.

Join this Gathering to build community and explore the unique experiences of Black women in America. Together, we will discuss how Black women are perceived in the workplace, and examine the multifaceted ways strength is understood both within and beyond this community.

DISCUSS

Practicing Full Presence

Feb 20 | 3 - 3:30 p.m. EST / 8 - 8:30 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 Gathering to practice the art of being fully present in the moment.

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DISCUSS

Coping Skills for Black Chronic Stress

Feb 26 | 3 p.m. EST / 8 p.m. GMT

The Black community contains a multitude of rich cultures and histories, each embodying joy and resilience. Yet it also faces race-based traumatic stress caused by ongoing violence. The frequency of injustices against the community can leave us feeling overwhelmed, angry—even numb.

However you feel, your right to rest and self-preservation matters. Join this Gathering to discuss ways to cope with chronic stress and protect your mental health and well-being during race-related crises.

DISCUSS

Black Queer Identity

Feb 27 | 3 p.m. EST / 8 p.m. GMT

Marsha P. Johnson. James Baldwin. Audre Lorde. The LGBTQIA+ community owes so much to Black queer pioneers, whose contributions have shaped not just LGBTQIA+ culture, but American culture as a whole. Black queer experiences are transformational. We are sources of joy, strength, and creativity. In short: we are iconic.

Join this Gathering to celebrate these unique experiences, build community with other Black queer folk, and discuss how to increase safety and inclusion in the workplace.

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