

# Duke Monthly Well-being Webinar Series

November 2022 – October 2023

12PM EST (11PM CST/10PM MTN/9PM PST)

## 12 monthly webinar offerings

November 17, 2022 | Best Reset Button Available: The Science of Sleep with Tips and Tricks

*Presented by Dr. J. Bryan Sexton*

How long is a good nap? At what point is caffeine going to impact sleep quality? How important is a consistent sleep onset time? The answers might surprise you. Here we recognize, anticipate and respond to human limitations associated with sleep deprivation.

December 15, 2022 | Enhancing Resilience: Survival of the Kindest

*Presented by Dr. J. Bryan Sexton*

We summarize the research to explain that there are demonstrably powerful benefits to being altruistic, and provide a framework for how to use Random Acts of Kindness at the individual and work setting levels.

January 19, 2023 | Emotional Exhaustion before and During Covid: The need for Bite-Sized Well-Being

*Presented by Dr. J. Bryan Sexton*

Emotional Exhaustion rates in healthcare are at historically high levels. In this session we will demonstrate what happens in our heads as our well-being is compromised, and how simple solutions can even be enjoyable.

February 16, 2023 | Grief, Growth or Both?: A Primer on Recovery after Emotional Upheaval

*Presented by Dr. Carrie Adair*

Most humans are in the process of recovering what was lost in recent years - in this session we will demonstrate the way our brains process and recover from emotional upheavals and look at the evidence for do's and don'ts along the way.

March 16, 2023 | Relationship Resilience: The Science and Practice of How Other People Matter

*Presented by Dr. Carrie Adair*

This session describes how cultivating meaningful relationships is a health behavior, and how loneliness puts us at risk for lower satisfaction at work and in life, poorer immune system functioning, and even reduced longevity. Importantly, it is the quality, not the quantity, of our relationships that appears to matter most.

April 13, 2023 | Bite-Sized Well-Being: Three Good Things

*Presented by Dr. J. Bryan Sexton*

The most popular of our resilience tools is back this month. This simple, enjoyable and remarkably effective tool can be used for 10-15 days, with measurable improvements across a variety of resilience metrics that endure for over a year.

May 18, 2023 | Signature Strengths at Work

*Presented by Dr. J. Bryan Sexton*

A deep dive into a part of our identities that we often overlook because we are so good at it. Interestingly, focusing more on what we do well (e.g., gratitude, creativity, love of learning, etc.) helps in a variety of ways across our relationships, career and well-being.

## June 15, 2023 | Bite-Sized Mindfulness: Being Present in the Age of Distraction

*Presented by Dr. Carrie Adair*

The data are clear: Mindfulness matters. We demonstrate what it means to be in the “present moment” or mindful, review the research on mindfulness for well-being, and how mindfulness can help communication and relationships. An opportunity to practice mindfulness is offered, as well as strategies to boost everyday mindfulness.

## July 13, 2023 | Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork

*Presented by Dr. Kyle Rehder*

This session guides you through the prevalence and severity of disruptive behavior, as well as its correlates and consequences. Institutional and individual strategies for dealing with difficult colleagues are discussed.

## August 17, 2023 | Neuroscience of Hope

*Presented by Dr. J. Bryan Sexton*

This session demonstrates the evidence behind optimism as a muscle that can be strengthened, and provides a surprisingly simple intervention for cultivating hope.

## September 14, 2023 | The Funny Thing about Well-being: Evidence for Humor

*Presented by Dr. J. Bryan Sexton*

Humor works – it’s good for our marriages, our physiologies, and our ability to bounce back with enhanced perspective. In this session we will share recent evidence and a popular tool for cultivating the ability to find more things funny.

## October 19, 2023 | Evidence-based Sleep Hygiene: Advanced Insights on Rest for the Weary

*Presented by Dr. J. Bryan Sexton*

Building on our wildly popular “Science of Sleep” session in year 1, this session goes deeper, with the latest findings to guide us through getting the best rest possible, and how to manage fatigue when it is inevitable.