

August Schedule of Gatherings

Participate in structured, small-group discussions facilitated by Lyra's mental health experts on timely, thought-provoking topics. Find support by engaging with and learning from other members like you.

Maintaining Mental Health During Financial Shifts and Changes

Aug. 2 | 9 - 10 a.m. PST

Aug. 10 | 12 - 1 p.m. PST

Unexpected change can be stressful and overwhelming—especially when it puts a strain on our finances. In times of inflation and growing cost of living expenses, adjusting to a new financial reality can feel difficult to manage. Join this Gathering to process the impact that financial stress has on your mental health and well-being. We will share helpful self-care strategies for promoting financial well-being while managing unexpected financial shifts and changes.

Maintaining Mental Health While Returning to the Workplace

Aug. 3 | 12 - 1 p.m. PST

Transitioning back to an in-person work setting after working remotely can bring up many different feelings. While some might feel eager to return, others might feel hesitant, stressed, or even worried. Returning to work after the onset of the COVID-19 pandemic can also present novel work challenges and opportunities. For example, some may have to adjust to a new routine, navigate illness anxiety, or prepare for a longer commute. At the same time, returning to work can offer greater opportunities for collaboration and relationship building.

Join this Gathering to discuss ways to cope with the stress of returning to a physical workspace, including how to embrace the challenges and opportunities that come with this return. We will also discuss strategies for building social support and creating a work-life balance.

Combating Shame

Aug. 8 | 12 – 1 p.m. PST

Being kind to ourselves is often easier said than done. Many of us struggle to extend the same grace to ourselves that we give to others. No doubt, most of us—regardless of our backgrounds—will go through phases of being self-critical, ashamed, or embarrassed by something that happened. Sometimes, we might even judge ourselves for judging ourselves. When these kinds of responses become a habit, they can be difficult to break, often fueling doubt, insecurity, and suffering in silence. Join this Gathering to talk about the ways shame and lack of self-acceptance impact your personal and professional life. We will also discuss ways American culture has perpetuated feelings of shame or self-criticism and share foundational steps to take on the journey toward self-acceptance.

Championing Mental Health in the Workplace

Aug. 16 | 9 – 10 a.m. PST

Over the past few years, many employers have increased their efforts to address mental illness and its impact at work. While this is a big step toward improving workplace mental health, there is still a lot more that needs to be done. We should never stop considering how to reduce shame and stigma at work, especially around mental health diagnoses and unique needs they may pose for individuals. Join this Gathering to either voice or listen to ways that co-workers can advocate for mental health at work and support each other on the journey toward a healthier self.

This Gathering is intended for anyone open to discussing mental health in the workplace.

The Juggling Act: Embracing Parental Flexibility

Aug. 17 | 9 – 10 a.m. PST

Working a job is hard enough. Being a parent on top of that adds another whole layer of exhaustion. Life as a working parent involves juggling more roles and wearing more hats than many of us ever expected. It can leave us drained, stressed, and running on empty when it comes to our mental health. Join this Gathering with other working parents to discuss the impact of juggling multiple roles and identities in your day-to-day life. We will also share helpful strategies parents can use to care for themselves along the journey.

This Gathering is intended for working parents.

Healthy Boundaries in the Workplace

Aug. 22 | 9 – 10 a.m. PST

Aug. 24 | 12 – 1 p.m. PST

Do you find yourself working late into the night or during your time off? These days, many people are struggling to turn off “work mode.” Those hard-earned vacation days turn into partial or full workdays, if they are taken at all. Some people even joke that vacation is a time to work a little bit less and at your own pace. If any of this sounds familiar to you, it’s possible that you could benefit from healthier boundaries in your work life. Maintaining these boundaries is difficult for many people, especially while living in a culture that values productivity. Join this Gathering to discuss how to achieve a healthier work-life balance and brainstorm what you can do to maintain it.

Surface Pressure: Managing Workplace Expectations

Aug. 29 | 9 – 10 a.m. PST

“Who am I if I don’t have what it takes?

No cracks, no breaks

No mistakes, no pressure.”

The lyrics from Disney’s film *Encanto* describe many of us—the “strong ones”—more than we’d like to admit. Expectations about how we should perform can come from inside of us or be placed on us from others. Either way, we can begin to tie our worth and value to our ability to meet these high expectations. At best, this can be exhausting; and at worst, we feel like we will crack under the pressure.

Join this Gathering to talk more about the ways internal and external pressures to perform can impact mental health, as well as ways to take care of yourself in the midst of this pressure.

Sign up for an upcoming **Gathering** in Lyra Learn, a new eLearning platform from Lyra, your mental health benefit.