



11/08/2022

“You can’t stop the waves but you can learn how to surf.”  
– Jon Kabat-Zinn

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## Mindfulness Based Stress Reduction

Our well-being is a critical element in the work environment. It is a guiding factor in supporting the Forest Service mission, purpose, and values, and is vital to our organizational culture. Our agency continues to invest in each one of us by providing an array of employee assistance tools and resources, available to all agency employees. Mindfulness Based Stress Reduction (MBSR) is a program that helps people cope with a range of stressors through medical and science-based practice. Research shows that practicing mindfulness in our daily lives can reduce stress as well as promote creativity, and improve memory, concentration, and decision-making. Evidence shows compelling support for MBSR, which helps us to cope with stress, and Mindfulness Based Cognitive Therapy, which is designed to help us with recurring depression. The agency has two ways to connect with the practice of MBSR: (1) our contracted Employee Assistance Program (EAP) provider Espyr offers six virtual sessions and (2) the official 8-week Mindfulness-Based Stress Reduction series that is taught by a credited MBSR teacher, Michelle Reugebrink. For a link to this whole article visit: [The practice of Mindfulness Based Stress Reduction \(MBSR\) \(sharepoint.com\)](#).

Read more about MBSR practice and ways to connect via the [Employee Assistance and Wellbeing Hub](#). These sites are a great way to connect with all the various employee assistance tools and resources and are full of knowledge articles to help you on your self-paced journey of personal and professional development. You can also reach out to the Employee Wellbeing team via email at: [SM.FS.employeesupp@usda.gov](mailto:SM.FS.employeesupp@usda.gov).

## **Building a High Morale Workplace** ([add to calendar](#))

A workplace should inspire productivity, commitment, morale, and performance. This webinar will provide techniques and examples for making a workplace a community. It will demonstrate how to foster a genuine bond with supervisors and peers - and turn around a negative workplace to create and sustain a positive environment.

**Date:** Wednesday, November 16, 2022 **Duration:** 1.5 hours

**Time:** 9:00 a.m. Alaska / 10:00 a.m. Pacific / 11:00 a.m. Mountain / 12:00 p.m. Central / 1:00 p.m. Eastern & Atlantic Standard

## **You Snooze, You Win!** ([add to calendar](#))

The Lassen National Forest is hosting a Wellness Wednesday Espyr Training for all employees. Together we can learn about the importance of sleep. Americans are famously sleep deprived and most are uninformed about the effects of poor sleep on their physical and psychological wellbeing. In this presentation participants learn about the nature and benefits of good sleep; the impact of poor sleep on our emotional and physical wellbeing; and tips about sleeping better. Participants will also learn about the signs of common sleep disorders and when it's best to see your Doctor about sleep problems. For information on how to join the session, please visit our SharePoint site at [You Snooze, you Win-Training \(sharepoint.com\)](#)

**Date:** Wednesday, November 16, 2022 **Duration:** 1 hour

**Time:** 8:30 a.m. Alaska / 9:30 a.m. Pacific / 10:30 a.m. Mountain / 11:30 a.m. Central / 12:30 p.m. Eastern & Atlantic Standard

## **The Mixing Bowl: Knowledge & Stories (Episode #24)** ([add to calendar](#))

Witnessing the L.A. riots as a teen and, as a child, living through the civil rights movement, our November presenters have stories to share about these two major life events that shaped their lives and made them who they are today. From the Office of Civil Rights, please join us and listen to David Iniguez and Chris Moore as they share their stories, challenges, and triumphs.

**Date:** November, November 17, 2022 **Duration:** 45 minutes

**Time:** 10:00 a.m. Alaska / 11:00 a.m. Pacific / 12:00 p.m. Mountain / 1:00 p.m. Central / 2:00 p.m. Eastern & Atlantic Standard

[Click here to join the meeting](#) | Or call in (audio only) at +1 970-812-0909 Passcode: 4449222#

If you need accommodations, please reach out to Kimberly Nguyen ([Kimberly.A.Nguyen@usda.gov](mailto:Kimberly.A.Nguyen@usda.gov); 303-275-5080).

## **SALUTE Celebrates One-Year Anniversary**

SALUTE, the Veterans Employee Resource Group (ERG) invites you to join their next meeting on Thursday, November 17. SALUTE's intent is to help and support other veterans in the Forest Service. All Forest Service employees are welcome to join and participate, including veterans,

military spouses and their supporters. For more information about the session, please contact SALUTE co-chair Rocky Perez at [delaneyrocky.perez@usda.gov](mailto:delaneyrocky.perez@usda.gov).

If you require a reasonable accommodation to participate in this session, please contact Patty Burel, [patricia.burel@usda.gov](mailto:patricia.burel@usda.gov).

**Date:** Thursday, November 17, 2022 **Duration:** 1.5 hours

**Time:** 11:00 a.m. Alaska / 12:00 p.m. Pacific / 1:00 p.m. Mountain / 2:00 p.m. Central / 3:00 p.m. Eastern & Atlantic Standard

[Join Teams Session Here](#)

## **Recorded Webinar**

[Mindful Parenting and Caregiving](#)