

August 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 three types of events, and all 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.

WATCH

Living well with Boundaries

Aug 5 | 12-1 a.m. EDT / 5-6 a.m. BST (Times are APAC region friendly)

Aug 12 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

Aug 28 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Boundaries can help you maximize your time and achieve better work-life balance. But setting boundaries can be really difficult. In this workshop, we'll cover the main hurdles to setting boundaries, how to overcome those hurdles, and how to identify areas of your work life where boundaries may help. We'll also discuss ways to communicate your boundaries effectively. With a plan in place, you'll be ready to set boundaries with yourself and others to best support your well-being.

WATCH

Parenting in the Real World

Aug 7 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

Aug 20 | 5-6 a.m. EDT / 10-11 a.m. BST (Times are EMEA region friendly)

Aug 25 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Let's face it: you probably don't need another list of unrealistic parenting tips. Instead, this workshop will walk you through a simple practice that can help you manage your emotions and show up for your family through parenting dilemmas big and small, all the while staying true to the kind of parent you want to be.

DISCUSS

Coping with Critical Events

Aug 4 | 12-1 a.m. EDT / 5-6 a.m. BST (Times are APAC region friendly)

Aug 26 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

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

Cancer in the Workplace

Aug 5 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

One in five people around the world develop cancer in their lifetime. Yet many handle their health needs privately and with little, if any, support. After a diagnosis, they have to advocate for themselves—including at work, where the process of disclosure and requesting accommodations can add to their workloads and take a toll on their mental health.

Join this Gathering to discuss navigating a cancer diagnosis in the workplace, plus how to increase inclusion and support for those affected.

Confidential: This content is intended exclusively for Lyra Health members and may not be disclosed or shared with non-members.

DISCUSS

Combating Shame

Aug 6 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

Being kind to yourself is easier said than done. While many of us are quick to give others grace, we don't always offer that same kindness to ourselves. Instead, when something happens, we feel ashamed, embarrassed, and self-critical. Why is that?

Join this Gathering to discuss how shame and self-criticism impact your personal and professional life. You will also learn the foundational first steps you can take on the journey toward self acceptance.

DISCUSS

Embracing Parental Flexibility

Aug 12 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Life as a working parent can be exhausting. Juggling competing responsibilities can leave you feeling drained, stressed, and running on empty.

Join this Gathering to discuss life as a working parent and learn strategies for caring for yourself amidst the overwhelm.

DISCUSS

Exploring Multiracial Identity

Aug 13 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. region friendly)

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/ethnic identity.

DISCUSS

Multigenerational Households

Aug 14 | 12-1 p.m. EDT / 5-6 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

Aug 28 | 12-1 a.m. EDT / 5-6 a.m. BST (Times are APAC region friendly)

Living with one or more generations can offer your family opportunities to distribute workloads, caregiving responsibilities, and expenses. But multigenerational households can also come with challenges, like less privacy, the potential for family conflict, and caregiving fatigue.

Join the Gathering to talk about the joys and challenges of these living arrangements. Attendees will also review strategies for self-care and tips for living in a multigenerational household.

DISCUSS

Parenting Youth in Mental Distress

Aug 19 | 6-7 a.m. EDT / 11 a.m.-12 p.m. BST (Times are EMEA region friendly)

Aug 20 | 3-4 p.m. EDT / 8-9 p.m. BST (Times are N.Amer. and LATAM region friendly)

Parenting can be joyous, but it can also be challenging. Especially when your child is struggling, you can hurt too. Maybe you feel worried, overwhelmed, and unsure what you can do to help. In anticipation of Suicide Prevention Week, this Gathering will offer a space for parents to talk about the unique challenges they're facing while supporting children and teens experiencing mental distress. We will also discuss helpful parenting strategies and tips for promoting parental self-care.

DISCUSS

Practicing Full Presence

Aug 21 | 12-12:30 p.m. EDT / 5-5:30 p.m. BST (Times are N.Amer., LATAM and EMEA region friendly)

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.

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