



10 Daily Practices for a Happier Life

It's not about dieting, but it could definitely improve your health!

This class will be a five-week, small group that will work with Martha Beck's delightful book, ***The Joy Diet: 10 Daily Practices for a Happier Life*** (Crown: 2003).

Facilitator: The facilitator is Sue Holyoke Johnston, MSW, LICSW, Wellness Counselor for the Faculty and Staff Assistance Program, Georgetown University Department of Human Resources. Sue is a licensed psychotherapist who has been certified in mind-body-spirit medicine by the Center for Mind-Body Medicine in Washington, D.C. She leads mind-body skills groups on campus, creates wellness programs for faculty and staff retreats, and helps individuals to develop their own wellness plans. For information on the Faculty and Staff Assistance Program, see our web site-www3.georgetown.edu/hr/fsap.

Each week we will explore some of Martha Beck's practices and see what it's like to incorporate them in our daily lives. These practices start with the most difficult- "doing nothing" for fifteen minutes a day. Beck reports that many people "balk like irritated camels when I ask them to do the crucially important work of learning to be still." She writes, "**The typical human mind is like a supercomputer possessed by the soul of a demented squirrel. It's constantly calculating, anticipating, remembering, fantasizing, worrying, hoarding, bouncing frenetically from thought to thought to thought.** My own mind is so manic that all my life, people have given me advice about how to calm it down. "Breathe deeply," they tell me...Oh, sure. I might as well try to stop growing hair. I can sit around hyperventilating to the strains of Enya until the cows, goats, and migratory birds come home, and my mind still churns out thoughts like a malfunctioning Twinkie extruder."

Are you ready for a joyful spring? **Join us for some laughs and courage-building as we support each other in increasing the happiness in our lives.** *Warning: Taking this class could result in your energy level going up, finding new meaning in your work, being productive beyond your wildest imaginings, bringing your full self to whatever you do, and increased harmony at home!*

Details: The group will meet on Thursdays 3:30 p.m.-5:00 p.m. beginning May 22, 2008. In order to get the most benefit, participants are asked to make a commitment to attend each meeting. The class dates are May 22, 29, June 5, 12, 19. The Faculty and Staff Assistance Program will provide all texts.

Note: If this class fills, there will be another class on Tuesdays, 3:30-5:00 beginning May 20. Dates are May 20, 27, June 3, 10, 17. **Please let me know if you have a preference for Tuesdays or Thursdays.**

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To register: Contact Sue Johnston at the Faculty and Staff Assistance Program, shj22@georgetown.edu, (202) 687-3599.