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 | 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.

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 | 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.

March 16, 2023 | 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.

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 | 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.

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.