

May 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.

Additional Gatherings may be added to this schedule based on popular demand and timely cultural topics. Please check Lyra Learn for the most up to date Gather schedule.

Prioritizing Self-Care in Service Work

May 1 | 9 - 10 a.m. PST

We've heard it a million times before—"You can't pour from an empty cup." But how do you make time for a refill when you're constantly caring for others at work?

Taking care of ourselves is easier said than done, and both internal and external barriers can make it even harder. Ultimately, ignoring our own needs in service of others can lead to burnout, resentment, compassion fatigue, and more.

Join this Gathering to discuss the challenges we face with prioritizing self-care when our profession revolves around caring for others—including strategies for setting realistic goals and breaking distorted definitions of strength and weakness.

This Gathering is intended for those who work in caregiving or service-based professions.

South Asian Experiences in America

May 1 | 12 - 1 p.m. PST

Currently, over five million people in America identify as South Asian. This large and diverse group is full of cultural history, unique perceptions, and rich experiences. Unfortunately, not all of these experiences are positive, as a large portion of the South Asian population in America reported being discriminated against in 2021.

Join this Gathering to talk about relevant issues for this community and how to increase safety and inclusion in the workplace.

This Gathering is intended for people who identify as South Asian.

Championing Mental Health in the Workplace: Substance Use Awareness

May 2 | 12 - 1 p.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 substance use disorders and the 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.

First Generation Experiences

May 7 | 9 - 10 a.m. PST

Being a part of the first generation in your family or community to pursue new spaces and opportunities comes with unique strengths and challenges. Maybe you're the first to move to or grow up in a new country, or perhaps you're the first or only one to pursue higher education. These experiences can be a great source of pride and fulfillment—for you and your loved ones. At the same time, being a member of a first generation can come with a unique burden of figuring things out on your own, charting new paths, and forging new traditions.

Join this Gathering to discuss the cultural strengths and challenges of being a first-generation individual. We'll also review strategies for embracing your identity and practicing self-care along the journey.

This Gathering is intended for those who identify as first-generation individuals.

Practicing Full Presence

May 7 | 12 - 12:30 p.m. PST

May 17 | 12 - 12:30 p.m. PST

Are you feeling overworked? Overstimulated? Perhaps there are so many things going on that you don't know where to start and just need a few minutes to just...be. If this sounds like you, this Gathering is the right place for you. Join this space to practice the art of being fully present in the moment. Pause your daily activities and to-do list to engage in a mindfulness meditation activity. Rather than spending most of this time talking with other attendees, 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.

Mental Health is for Everyone

May 8 | 9 - 10 a.m. PST

May 17 | 9 - 10 a.m. PST

May 22 | 12 - 1 p.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.

Asian American and Pacific Islanders at Work

May 9 | 9 - 10 a.m. PST

May 14 | 12 - 1 p.m. PST

“Shouldn’t this math problem be easy for people like you?”

“Your parents are still together, right?”

“Where are you from - really?”

“Shouldn’t math be easy for people like you?”

If you identify as Asian American or Pacific Islander (AAPI), you’ve likely heard these questions before. Microaggressions like these can undermine your personal struggle—especially with your mental health. And, when you consider how much the COVID-19 pandemic has fueled Anti-Asian hate, it has been a particularly traumatizing time.

This Gathering will be a safe space to share unique experiences faced by the AAPI community in the workplace. We will discuss strategies for embracing cultural identity and tips for managing race-related stress.

This Gathering is intended for people who identify as Asian American/Pacific Islander.

Black Lives Matter: Enduring as We Pursue Racial Justice

May 10 | 9 - 10 a.m. PST

May 21 | 12 - 1 p.m. PST

The Black Lives Matter movement that gained momentum in 2020 impacted many aspects of American life, including how we show up to work. Diversity, equity, and inclusion teams were formed. Statements of solidarity were published. Missions were drafted. But...what lasting change actually came from it? How have the safety, belonging, and inclusion of Black Americans improved?

In this Gathering, on George Floyd's death anniversary, we will discuss the impact of the Black Lives Matter movement on the present day workplace. We will also discuss ways to remain engaged and hopeful along the sometimes difficult road toward racial justice. Attendees will also talk about ways to maintain self-care in the midst of race related stress.

In this Gathering, intended to honor the anniversary of the death of George Floyd, we will discuss the impact of the Black Lives Matter movement on the present day workplace.

Championing Mental Health in the Workplace: Suicide Awareness

May 14 | 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.

Jewish Identity and Antisemitism

May 16 | 8 - 9 a.m. PST

Life as a Jewish American is unique, rewarding, and multilayered. For many, it overlaps with both ethnic and religious identities and comes with a sobering history of persecution and prejudice. This antisemitism negatively impacts mental health and feelings of safety and belonging.

Join this Gathering during Jewish American Heritage Month to talk with other Jewish Americans about ways to honor your identity and promote safety and belonging in the workplace. Attendees will also learn some self-care strategies for managing prejudice along the way.

This Gathering is intended for people who identify as Jewish.

Surface Pressure: Managing Workplace Expectations

May 16 | 12 - 1 p.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.

Making Meaning of Military Service

May 23 | 9 - 10 a.m. PST

“Thank you for your service.” If you've served in the Armed Forces, you've undoubtedly heard that phrase before. While veterans are a tough and resilient bunch, they can have a difficult time coming back to civilian life after serving in the military. This is especially true in the workplace.

Join this Gathering to talk with other veterans about how they navigate civilian workplace experiences and make meaning from their service in the United States military. We will also discuss self-care strategies for managing difficult experiences at work.

This Gathering is intended for those with veteran, reserve, or active duty military status.

Managing Leadership Anxiety

May 24 | 9 - 10 a.m. PST

Leading others well is often easier said than done. Leadership is something that can be critiqued more than it is praised, and it can come with both internal and external pressures to excel at all things for all people, all of the time. Even when a leadership position is something we enjoy and have worked hard to achieve, it can still come with anxiety based on our past, personalities, and the work environment around us.

Join this Gathering to talk about the anxieties that can come with leadership positions at work. Talk with others about how to better manage leadership anxiety so that it doesn't manage you.

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