

January– December 2022

Interested in learning more about meditation and mindfulness-based stress reduction? Checkout the National Institute of Health link below to learn more about the scientific evidence which suggest that “mindfulness meditation—a mind-body practice which cultivates abilities to maintain focused and clear attention and develop increased awareness of the present—may help reduce symptoms of stress, including anxiety and depression.” <https://www.nccih.nih.gov/health/providers/digest/mind-and-body-approaches-for-stress>

Weekly Guided Breaks

Synopsis: Mindfulness Meditation is a simple, effective method that can help us be more productive and face setback with resiliency. The right side of our brain, which is responsible for creating new ideas, will increase in activity when for those who meditate regularly. As a result, improved creativity, engagement, and productivity are often a result. To see the weekly guided breaks schedule; please click the link below.

<https://usdagcc.sharepoint.com/sites/fs-cr-mhw/SitePages/National-Guided-Breaks.aspx>

Type of Session: Conference Call

How to Join: Phone

Call -in Number: 1-888-844-9904; Passcode 5637452#

Hosted By: Michelle Reugebrink, Work Environment & Performance Office
NBC-HWC, IHCP, ICF-MCC, ACE-CPT, MBSR (Certified)
Resilience & Personal Effectiveness Program Manager/Master
Coach

Date: Friday, January 7, 2022

Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, January 10, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, January 24, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, February 4, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday February 7, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, February 18, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, February 28, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, March 11, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday March 14, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, March 25, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, March 28, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, April 8, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, April 11, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, April 22, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, April 25, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, May 6, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, May 9, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, May 20, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, May 23, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, June 6, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, June 17, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, June 20, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, July 1, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, July 8, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, July 11, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, July 22, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, July 25, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, August 5, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, August 8, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, August 19, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, August 22, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, September 2, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, September 9, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, September 12, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, September 23, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, September 26, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, October 7, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, October 14, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, October 17, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, October 28, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, October 31, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, November 7, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, November 14, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, November 28, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Friday, December 2, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, December 12, 2022
Time: 8:30 a.m. – 8:45 a.m. Alaska (AKDT)
9:30 a.m. – 9:45 a.m. Pacific (PDT)
10:30 a.m. – 10:45 a.m. Mountain (MDT)
11:30 a.m. – 11:45 a.m. Central (CDT)
12:30 p.m. - 12:45 p.m. Eastern (EDT) & Atlantic Standard (AST)

Date: Monday, December 19, 2022
Time: 7:00 a.m. - 7:15 a.m. Alaska (AKDT)
8:00 a.m. - 8:15 a.m. Pacific (PDT)
9:00 a.m. - 9:15 a.m. Mountain (MDT)
10:00 a.m. - 10:15 a.m. Central (CDT)
11:00 a.m. - 11:15 a.m. Eastern (EDT) & Atlantic Standard (AST)

Type of Session: Conference Call
How to Join: Phone
Call -in Number: 1-888-844-9904; Passcode 5637452#