

A teal-tinted background image showing a busy MIT campus scene. In the foreground, a large group of people is walking across a crosswalk. In the background, there are large, classical-style buildings with columns and arches, typical of MIT's architecture. The overall tone is professional and academic.

The MIT Work-Life Center: Help with All Life's Challenges

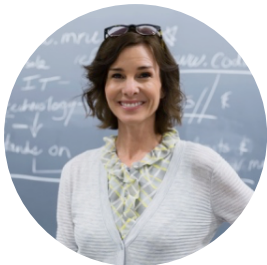
MIT Work-Life Center... Your MIT Work-Life Benefits

The MIT Work-Life Center offers a range of services to address specific life stages and concerns in order to enhance the quality of life at home and at work.

Resources to Support Your Life and Work

- MIT MyLife Services
- Technology Childcare Centers (TCC)
- Campus Lactation Rooms
- Backup Child Care and Backup Adult Care
- Children with Special Learning Needs
- Planning and Paying for College
- Student Loan Repayment Strategies
- Senior Care Planning

WHO WE HELP



Faculty



Staff



Postdoc Associates & Postdoc Fellows



Partners & Family Members

Backup Child Care

20 days of annual combined backup care visits are available to assist when usual child care or school arrangements are disrupted (closings, vacations, mild illness, etc.)

In-Home Care

Providers can come to your home, workplace, or other meeting place, for \$16/hour

In-Center Care

You can bring your child to a licensed child care center, near home or work, for \$35/child/day



Backup Child Care is available to faculty, staff and postdocs, and their families.

Provided by **Care@Work**.

School and Educational Support



Resources and Guidance to Help You at No Cost

- Personalized consultations with an education expert (a “Navigator”) who has deep knowledge of the greater Boston area school systems
- Onsite seminars and in-person consultations

Your Navigator can:

- Interpret your child’s report cards and test score reports
- Set clear educational goals for your child and monitor progress
- Explore school options and find the right school for your child
- Find affordable afterschool and summer programs
- Arrange educational support or enrichment programs for your child
- Develop a routine to reduce school- and homework-related stress

School and Educational Support is available to faculty, staff and postdocs, and their families.

Provided by *EdNavigator*.

College and Student Loan Advising

Resources and Guidance to Help You at No Cost

- Personalized consultations with Admissions and Financial Aid Advisors
- Online portal with seminars, webinars and interactive tools
- Onsite seminars and in-person consultations

Your Child's College Education

- Develop a realistic college list and admissions strategy
- Learn when and how to apply for loans, scholarships and work study
- Explore prospective majors and career paths



Take Charge of Your Student Loans

- Develop a realistic repayment plan and strategies to avoid delinquency or default
- Learn about federal and private loan consolidation options
- Explore ways to reduce monthly payments

Did you know?

MIT offers loans to offset the financial burden of providing an education to eligible dependents

Learn more at:

<http://hr.mit.edu/benefits/educational-loan-plan>

College and Student Loan Advising is available to faculty, staff and postdocs, and their families.

Provided by **Bright Horizons College Coach**.

Caring for Aging Parents and Other Adults

Senior Care Advising

- In-depth consultations with comprehensive action plans
- Facilitated family meetings and conference calls
- Vetted non-medical providers, anywhere across the U.S. (housing, adult day programs, home care, memory care, elder law attorneys)
- Consultations are available over the phone or on-campus at MIT during the fall and spring semesters



Backup Adult Care

- 20 days of annual combined backup care visits are available to help you or a loved one
- Delivers in-home support provided by professional homecare agencies across the US
- Caregivers can provide companionship, light meal preparation, light housekeeping, medication prompting, hands-on assistance, and transportation to shopping and appointments

Senior Care Advising and Backup Adult Care are available to faculty, staff and postdocs, and their families.

Provided by **Care@Work.**

A teal-tinted background image showing the MIT skyline with the Stata Center and other buildings, viewed from across a body of water.

The Work-Life Center Team is Here to Help.

Answers + Ideas + Resources

CALL US:

617-253-1592

EMAIL US:

worklife@mit.edu

VISIT US:

hr.mit.edu/worklife/center

An Important **MIT Benefit** for faculty, staff, and postdocs



A network of experts for MIT
faculty, staff, postdocs & families

One call puts you in touch with a network of experts who provide:

- Free and Confidential Services
- Short-term Emotional and Mental Health Services
- Work-Life Consultations, Research, and Referrals
- Consultations about How to Help Someone in Distress
- Support Before, During and After a Disruptive Event

MIT Faculty, Staff, Postdocs, and their family members can consult 24/7
with Master's or Ph.D. level counselors.



More Human. More Resources.



Human Resources

Work-Life Support

If there is something on your mind...

MIT *MyLife Services* can provide you and family members with:

- Budgeting, debt management and financial planning consultations
 - Legal questions, resources and referrals
 - Career assessments and coaching
 - Sleep and nutrition consultations
 - Parenting consultations and personalized referrals
 - Child care resources and customized referrals
-

Consultations are with experts in the fields of law, finance, career, and work-life.

Emotional and Mental Health Support

Get a new perspective and find solutions...

MIT *MyLife Services* can help you and your family members with:

- Managing stress, depression, anxiety and emotional challenges
 - Coping with change
 - Family and work relationship issues
 - Alcohol, drugs, gambling, and internet problems or addictions
 - Illness and loss of a loved one
-

Each person is eligible for free, in-person, confidential counseling sessions per concern.

What Happens When You Call

- **MyLife Services** is free, confidential, and a person will always answer the phone 24/7
- You can always speak with a counselor immediately
- You will receive expert consultation and resource referral
- You (and your family members) may use up to 4 sessions per issue, per person, with a counselor, accessible to home or work
- You may consult with a counselor about how to refer a family member or colleague

Anxiety is more than worrying...

Symptoms of anxiety include:

- Restlessness
- Fatigue
- Difficulty with concentration
- Irritability
- Muscle tension
- Constant worrying
- Difficulty falling or staying asleep

NIMH –National Institute of Mental Health - <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Depression is more than being sad...

Symptoms of depression include:

- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feelings of worthlessness or guilt
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

NIMH –National Institute of Mental Health - <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>

Connect with **MyLife Services** Specialists



**A network of experts for MIT
faculty, staff, postdocs & families**

**Access
Anytime
24/7**

Call: 844-405-LIFE (5433)

Email: info@MITMyLifeServices.com

Visit: www.MITMyLifeServices.com

Live-Chat: www.MITMyLifeServices.com

weekdays 9:00 to 5:00

Additional MIT Resources: MyStressTools

MyStressTools—an online suite of stress management and resilience-building resources—will help you develop strategies for overall well-being, and cope with in-the-moment stress, at home and at work. **MyStressTools** is available at no cost to MIT faculty, staff, postdocs, and family members, and includes:

- **MyStress Profiler:** A confidential and personalized stress assessment that provides ongoing feedback and suggestions for improving your response to 10 categories of stress, including change, financial stress, stress symptoms, worry/fear, and time pressure.
- Podcasts and videos with experts, including Dan Goleman, Ph.D., *Emotional Intelligence*; Kristin Neff, Ph.D., *Self-Compassion*; and David Katz, M.D., *Stress, Diet and Emotional Eating*.
- Webinars on work-life balance, thinking through stress, mindfulness at work, and more.
- Relaxation music and guided relaxation exercises.
- Yoga@Work videos featuring yoga exercises that you can do in your chair.
- Expert Q & A on dealing with change, insomnia, depression, reducing stress, the benefits of chocolate, and more.

Use **MyStressTools**, confidentially, on your desktop, laptop or mobile device—**To get started, visit:** <http://hr.mit.edu/worklife/mystresstools>

Additional Resources: MIT Community Wellness

- Exercise and Fitness Classes: yoga, pilates, essentrics and more
- Stress Reduction, Mindfulness, and Relaxation:
<https://medical.mit.edu/community/wellness/classes/mindfulness-meditation>
- On-the-go support:
 - Call 617-253-CALM (2256) for a guided, three-minute relaxation recording.
 - Download free MP3 files to practice mindfulness and relaxation on your own:
<https://medical.mit.edu/community/sleep/resources>
 - Choosing a mindfulness app: <https://medical.mit.edu/stay-healthy-mit-stress-reduction/mindfulness-apps>