Employee Wellbeing Update

Quick Links

COVID Employee Resources
Employee Wellbeing at Cornell
Cornell Wellness

These newsletters from Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program are full of useful tips and resources for self-care, remote work, caregiving, financial wellbeing, and more. Contact wellbeing@cornell.edu with questions or suggestions.

October 4, 2021

- New Cornell Inclusive Excellence podcasts
- 2022 Child Care Grant for Faculty & Staff
- Computer purchase payroll deduction loans
- Soup & Hope recordings

September 20, 2021

- Prepare for flu season
- Fall cooking demo
- Cornell cancer support group
- Preparing for Baby series
- Retirement savings webinars

September 7, 2021
• suicide prevention awareness
• COVID wellness groups
• not-to-miss lectures
• master gardener bulb sale
• managing hybrid teams

August 9, 2021

• Message About Wellbeing from Michelle Artibee
• How To Manage Intensity
• Move-In Volunteer Sign-Up
• Cornell Manager Chat August 12

July 26, 2021

• New Tools to Drive Your Cornell Career Forward
• Inclusive Excellence Podcast: National Disability Independence Day
• Recipes of the week from Cornell Wellness: Basil Pesto and Salmon Patties
• Lactation Accommodations at Work

July 12, 2021

• Inclusive Hybrid Meetings
• Managing Anxiety of Returning to On-Site Work
• Arboretum Hike
• Child Care Grant for Faculty & Staff

June 21, 2021

• Respecting Our Unique Experiences
• Consultations with Cornell Wellness
• Managing the Anxiety of Returning to On-Site Work
• LGBTQIA+ Pride Celebration Conversation

June 7, 2021

• Managing the Anxiety of Returning to on-Site Work
• Special Father's Day and Pride Event: Little and Often: A Memoir
• EA Staff Forum: University Finance Update
• Gardening for Beneficial Insects

May 17, 2021

• Tompkins County Vaccination Clinics
• Diversity Includes Disability: Take The Survey
• Retirement and Beyond Seminars
• Managing Career Burnout
May 3, 2021

- Mental Health Awareness Month
- Plan Vacation Time Now
- Asian Pacific American Heritage Month
- Gardening Mini Grants

April 21, 2021

- Earth Day activities
- Movement for the Mind Spring Challenge
- Dog & Cat Drive-Thru Rabies Clinic in Tompkins County
- Estate Planning Webinar with Cornell Law School

April 5, 2021

- Sustainability Month
- Wellness Dance Party
- Presentation for New(er) Cornell employees
- Strategic Paid Time Off Planning

March 22, 2021

- Asian American and Pacific Islander (AAPI) Mental & Emotional Health
- COVID-19 impact on Flexible Spending Accounts
- Sustainability Month
- CUBS Campus Registration

March 8, 2021

- Cornell Wellness Days
- Celebrating Women’s History
- Employee Awards
- Understanding Burnout

February 22, 2021

- Optimizing Your Space for Exercise
- Cornell College Mentors for Kids
- 2020 Vision, A Black Walden Pond & Other Musings
- Cornell VetCARES Community Cat Spay/Neuter Clinic

February 8, 2021

- Navigating grief and loss
- COVID-19 Information
- Black History Month
- Ithaca Snow Angels
January 25, 2021

- Cornell Soup & Hope Series
- Positivity: Reworking the Mind for a More Optimistic Thought Process
- Cornell Preparing for Baby Series
- How to Run a Brilliant Remote Workshop

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2020 Newsletters

December 2020

December 14, 2020

- Home Alone for Winter Break?
- Ithaca Ballet Virtual Nutcracker
- Cornell Global Mixer
- Inclusive Excellence Podcast

November 2020

November 30, 2020

- Big Red Writes Penpal Program
- COVID-19 Supplemental Testing for Faculty & Staff
- Mental Wellness Challenge
- Inclusive Excellence Podcast

November 9, 2020

- Veteran's Day
- Cornell Wellness Sleep Challenge
- Guiding Our Children Through Crisis
- Cornell COVID-19 Employee Hardship Fund for School-age Child Expenses

October 2020

October 26, 2020

- Election Season Self-Care
- Checking on others when physically apart
- Ergonomics tips for seating
- United Way drive kicks off - volunteers needed

October 12, 2020

- “Go Purple” for Domestic Violence Awareness Month
- Navigating Election Anxiety – program and resources
- Pregnancy and Infant Loss Remembrance Day
- Sleep Hygiene Series – Part III
- Video: Workplace Flexibility at Cornell (8 min)
September 2020

September 28, 2020

- Mental Wellness Offerings
- Quick and easy exercises for your back and hips
- Adult education offerings
- Water conservation tips
- Five ways to avoid ineffective meetings

September 22, 2020

- National Hispanic Heritage Month
- Relationship Changes & Challenges – Divorce and separation
- Tips for Sleep and Cell Phone Use
- Virtual Commemoration of POW/MIA Recognition Day
- 4-H Raptor Club Starting Up

September 14, 2020

- National Suicide Prevention Month
- Cultivating Resiliency
- Cholesterol Education Programs
- Walk to Run Virtual Program
- Anti-racism Programming
- Tutoring discount for Parents of K-12 Children

August 2020

August 31, 2020

- Transitioning to the Fall Semester
- Understanding the Impacts of Sleep on Health
- Cornell Flu Clinics
- Child Care Grant For Cornell Staff & Faculty
- Preparing for Baby Series

August 24, 2020

- For Managers: Supporting the Caregivers on Your Team
- Virtual 4-H Duck Race on Sept. 13
- Hiring a nanny/teacher? Learn to create healthy/fair agreements

August 17, 2020

- Having conversations in today's environment
- Caring for your mental wellbeing through campus reactivation
- “Notice and respond: assisting students in distress” training
- Ergonomic consultations available to remote workers
- Elder/adult caregiving: decision guide for interacting with others
- Disability and elder law series
August 11, 2020
- Care for Your Mental Wellbeing During Work & Family Transitions
- Apps to help with anxiety and depression
- CUBS camp extended through August 21st
- Caring for individuals with brain injuries
- Volunteer opportunities with St. John’s Community Services and Mutual Aid Tompkins

August 3, 2020
- Support for caregivers
- NYS financial resources
- Adult group sessions focused on mental health
- Advice for tired managers
- Lotus pond and garden tour

July 2020

July 28, 2020
- Am I Good Enough? Navigating Shame & Guilt
- Americans with Disabilities Act – 30th Anniversary
- Lactation room update
- Babysitters, nannies, tutors, and teachers available for hire

July 14, 2020
- Tutors, Babysitters, Nannies, and Teachers needed
- How to spend a mental health day and addressing micro stresses
- Harmful Algal Blooms update
- Donate excess produce to the Friendship Donations Network
- Virtual Grassroots
- Mask Makers seeking teens

July 6, 2020
- Guide to navigating child care
- Composting at home
- U-Pick raspberry farms
- Tompkins County rentals for kayaks, canoes, and paddle boards
- Youth Grief Camp
- Retirement & Beyond seminars
- Food pantries

June 2020

June 29, 2020
- Supporting others without doing harm
- GirlTrek Black History Bootcamp
- Meditation sessions
- Feeling anxious? Rearranging your furniture may help
- PTSD & LGBTQ+ Awareness Months
- Parenting webinars
- Dogs at risk for heatstroke

### June 22, 2020

- Mid-2020 Pause to Reflect and Reset
- U-pick Strawberry Farms
- Black Lives Matter Library Guide, LGBTQ Lunch & Learns, Talking to Children About Race
- Financial Information & Support Hotline
- Cornell CUBS Camp and other summer camp info
- How to Spot When an Employee is Secretly Struggling

### June 15, 2020

- Why we should all stop saying, “I know how you feel”
- Five finger relaxation technique
- Anti-racism training programs and resources
- Adult bicycling classes
- Parenting chats and information about child care/camps and tutoring
- Ithaca Tenants Union

### June 8, 2020

- Child Care & Summer Camps Update
- Looking for extra work? Babysitters/Nannies needed!
- COVID-related Bereavement Group
- Rental Assistance Program
- Conversations About Race

### June 1, 2020

- Supporting Our Diverse Community
- New Wellness Challenge
- When You Disagree About Social Distancing
- Powerful Tools for Caregivers
- How to Prepare Your Dog to Be Left Home Alone
- Psychological Safety at the Workplace

### May 2020

### May 26, 2020

- Help Collect the Advice of Elders for Getting Through a Crisis
- Advance Care Planning
- Mutual Aid food cabinets in need of contributions
- Living Alone During COVID-19 program highlights
May 18, 2020

- Financial wellbeing – Cornell special benefit considerations during COVID-19
- Cultivating resiliency
- Slacklining 101
- Women Swimmin' goes virtual
- Story time with Cornell leaders
- Maternal depression resources
- Older Americans Month 2020

May 11, 2020

- Cornell traditions
- Caring for your time
- Financial workshops - selling ahome, budgeting, tenant rights, student loans
- Emotional wellbeing workshops - resiliency, grief, and stress
- Parenting in a time of crisis
- Managers role modeling wellbeing

May 4, 2020

- Eating when working remotely: from mindless to mindful eating
- Hiking/biking locations in New York
- Opioids and Narcan Trainings
- Welcoming new residents to Tompkins County
- Update on public schools, camps, and child care programs
- Caring for grandchildren while working

April 2020

April 27, 2020

- Navigating work and life
- Active and stillness breaks to recharge and re-energize
- Tips for your high school/college students
- Plant-based eating, food cabinets, food pantries
- NYS Child Care Grants for Essential Personnel
- Tips for managers

April 20, 2020

- “Productivity, Perfection, and a Pandemic”
- Substance abuse resources
- Tips for grocery shopping and getting the most out of a virtual medical appointment
- Remote work tips for everyone, managers, families, and technology
- Volunteer opportunities
April 12, 2020

- Emotional wellbeing and caring for the mental health of older adults
- Adjusting your work schedule
- Building and maintaining connections
- Child care resources and virtual babysitting

April 6, 2020

- Remote employees: tips for daily routines and focus
- Financial supports for food, baby care items, etc.
- Personal preparedness strategies

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