Employee Wellbeing Update

Quick Links

COVID Employee Resources
Employee Wellbeing at Cornell
Cornell Wellness

These weekly 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.

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

[accordion]
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
- Parental Resilience Workshop Series

**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 a home, 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