Employee Wellbeing Update

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.

Quick Links

COVID Employee Resources
Employee Wellbeing at Cornell
Cornell Wellness

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 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