Employee Wellbeing Update

EMPLOYEE WELLBEING at CORNELL

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.

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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**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 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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