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

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 AlgalBlooms 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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