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 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 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