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.

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

**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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