Employee Wellbeing Update

Quick Links

COVID Employee Resources
Employee Wellbeing at Cornell
Cornell Wellness

These updates 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.

August 8, 2022

- National Breastfeeding Month
- Mom Burnout: The Struggle is Real
- How to Feel Less Lonely and More Connected
- COVID-19 Guidance: Preparing for the fall semester

July 18, 2022

- National Disability Independence Day
- New National Suicide Prevention Lifeline Number
- Insider Tips: Used Car Buying
- Harriet Tubman Freedom Ride & Fair

June 28, 2022

- PRIDE Month Resources & Information
- Adult Bike Skills
- New Neurodivergent Employee Community
- Cornell Cancer Support Group

**June 13, 2022**
- Juneteenth Events & Resources
- Belonging at Work Summit
- U-Pick Strawberry Farms
- Cornell Recreation Connection's Summer Lunchtime Games

**May 31, 2022**
- LGBTQ+ Resource Guide for Faculty and Staff
- Meditate at the Johnson Museum
- Step It Up with Cornell Wellness
- Women Swimmin' Registration Opens

**May 18, 2022**
- Mental Health Resources
- Sailing Lessons at the Merrill Family Sailing Center
- Reducing Flood Risks for Your Home
- Big Red Food Drive

**May 2, 2022**
- Finding Flourish with Cornell Wellness
- How Anxiety Hides in Your Habits
- Bring a Child to Work Day back in person for 2022!
- Free Rabies Vaccination Clinic

**April 18, 2022**
- BME Volleyball Team Still Practicing Wellness After Twenty Years
- Cornell Inclusive Excellence Summit 2022
- Estate Planning Seminar
- Unleashing the Power of Your Team

**April 4, 2022**
- Deaf History Month
- Cornell Recreation Connection Spring Break Events
- Cornell LGBTQ+ Resource Guide for Faculty and Staff
- Community Shred Day

**March 22, 2022**
- Women's History Month
- First Time Homebuyer's Seminar
- Cornell YPCNG Inspiring Leaders Series
- Cornell Red-Tailed Hawk Cam

**March 7, 2022**
● A Message About Ukraine
● Big Red Rec Bingo
● National Nutrition Month
● Cornell Children’s Tuition Scholarship Workshop

February 23, 2022

● Adaptive Rock Climbing
● Alcohol Awareness Campaign
● Five Money Musts
● Beyond Waste Campaign

February 7, 2022

● Black History Month
● Soup & Hope
● Crypto 101
● Supervising at Cornell

January 24, 2022

● Coverage for COVID OTC Tests
● Soup & Hope
● How To Claim Social Security
● Bikes Wanted for Community Bike Sale

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2021 Updates

December 20, 2021

● “Stretch It Out” 2-week wellness experience
● New Cornell fertility support group
● “Black Men in White Coats” panel discussion
● Staff Award for Integrity and Inclusion

December 7, 2021

● Tips for Hosting Hybrid Work Gatherings
● Wellbeing Interview Series
● New Skillsoft Website
● United Way Campaign

November 15, 2021

● Join “Destined for a Destination” Wellness Experience
● Celebration Conversations: All Caretakers Have A Story
● Transgender Day of Remembrance Vigil
● Financial Basics
November 2, 2021
- Wellbeing Story
- COVID Vaccine for children
- Flexible Spending Accounts
- Indigenous Heritage Month
- Veterans Day

October 18, 2021
- Domestic Violence Awareness
- Restorative Talking Circles for Employees
- Financial Webinars
- Fun Activities in October

October 4, 2021
- New Cornell Inclusive Excellence podcasts
- 2022 Child Care Grant for Faculty & Staff
- Computer purchase payroll deduction loans
- Soup & Hope recordings

September 20, 2021
- Prepare for flu season
- Fall cooking demo
- Cornell cancer support group
- Preparing for Baby series
- Retirement savings webinars

September 7, 2021
- suicide prevention awareness
- COVID wellness groups
- not-to-miss lectures
- master gardener bulb sale
- managing hybrid teams

August 9, 2021
- Message About Wellbeing from Michelle Artibee
- How To Manage Intensity
- Move-In Volunteer Sign-Up
- Cornell Manager Chat August 12

July 26, 2021
- New Tools to Drive Your Cornell Career Forward
- Inclusive Excellence Podcast: National Disability Independence Day
- Recipes of the week from Cornell Wellness: Basil Pesto and Salmon Patties
- Lactation Accommodations at Work

**July 12, 2021**
- Inclusive Hybrid Meetings
- Managing Anxiety of Returning to On-Site Work
- Arboretum Hike
- Child Care Grant for Faculty & Staff

**June 21, 2021**
- Respecting Our Unique Experiences
- Consultations with Cornell Wellness
- Managing the Anxiety of Returning to On-Site Work
- LGBTQIA+ Pride Celebration Conversation

**June 7, 2021**
- Managing the Anxiety of Returning to on-Site Work
- Special Father's Day and Pride Event: Little and Often: A Memoir
- EA Staff Forum: University Finance Update
- Gardening for Beneficial Insects

**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

2020 Updates

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