



## Self Care & Support



It's more important than ever to take good care of yourself. Take advantage of resources to support your mental and physical wellbeing during these challenging times.



### Employee Wellbeing Update

Stay up to date with this email newsletter that features resources to support all the dimensions of your wellbeing.

[Wellbeing Update](#)



### Faculty & Staff Assistance Program

FSAP provides professional counseling and support tailored to meet the unique needs of Cornell employees.

[FSAP](#)



## **eni Counseling**

Available 24 hours a day, seven days a week to Cornell faculty, staff, and family members, regardless of health plan.

[eni Counseling](#)



## **Coping with the COVID-19 Pandemic**

A one-page PDF with suggestions to help navigate the challenges of living and working during the pandemic.

[Coping With The Pandemic](#)



## **Community Resources**

Support for wellbeing, food and deliveries, finances, connections, preparedness, and helping others.

[Community Resources](#)



## **Self-Care & Support FAQ**

## **Self-Care & Support FAQ**

A Cornell webpage with answers to questions about fitness services, outdoor activities, stress, and more.

[Self-Care & Support FAQ](#)



## **Parenting & Caregiving**

Child Care, Tutoring, Networking, Adult & Elder Care

[Parenting & Caregiving](#)



## **Anxiety & Returning to On-Site Work**

A webinar for Cornell employees and supervisors addressing concerns returning to the workplace.

[Returning to On-Site Work Webinar](#)

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