



EMPLOYEE **WELLBEING** at **CORNELL**

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April is...

[Sustainability Month](#)

Learn about [food scraps and vegetable gardening](#) or attend a virtual event like the [recycling/upcycling exhibit](#). If you work in a lab, participate in the [Freezer Challenge](#). If you live near the Ithaca-campus, participate in the Cayuga Lake cleanup on April 22, Earth Day (details in Environmental section).

[Autism Acceptance Month](#)

To understand the shift from Autism awareness to Autism acceptance, check out this piece by the Autism Society of America.

[Sexual Assault Awareness Month](#)

With national movements such as #MeToo, we know all too well how prevalent sexual violence is; victimization is found among the [young](#) to the [elderly](#). If you have a young person at home, a teen headed to college, a young adult venturing out, or you work with college students and want to help them navigate their social environment, a first step towards prevention is... [continue reading](#)



MENTAL

Continuing to Adjust in 2021

Over the past year we have adjusted to new ways of working and living. As more people become vaccinated and policies regarding travel and gatherings slowly loosen, the adjusting will continue. It is normal to have feelings that seem to conflict, and all of your feelings are worthy of your recognition and exploration. For instance, we may look forward to social gatherings at home and work while also feeling anxious about the act of doing so. This is very normal.

Along with following the latest COVID best practices and science, Consider asking what you've learned over the past year about yourself. Can those lessons help you navigate further changes in the spring,

summer, and fall? What have you been doing, or can you begin doing, that will help you prepare for and adapt to further changes this year?

Michelle Pearce, clinical psychologist and professor at the University of Maryland, suggests practical strategies that focus on imagining before doing, being selective, and being patient. Check out "[Social reintegration: preparing for post-COVID life](#)" by Pearce in the Baltimore Sun for detailed suggestions.

[What Good Are Positive Emotions? Investigating the Seeds of Human Flourishing and Resilience](#)

April 7, at 12:30-1:30pm. In this talk, Professor Ong describes the origins of and evidence for how positive emotions promote health and well-being, helping us become more resourceful, resilient versions of ourselves.

[Soup & Hope with Sarah Brylinsky](#)

April 8, 12:15-12:45pm. Sarah Brylinsky, who serves as the Sustainability Communications & Integration Manager for the Cornell Campus Sustainability Office, will talk about recovering from two serious bicycle accidents which nearly took her life in 2015.



Instagram Fun! Finn (aka Big Red Bun) and his owner Erin Scannell 21', take their followers on a scenic journey across campus. [Follow this cute fur ball...](#)

PHYSICAL



[Video: How Vaccines Work](#)

As the global and national vaccination efforts for COVID ramp up, many still have questions about how this time-honored public health tool works inside the body. To answer these questions, College of Veterinary Medicine scientists and educators produced a short animation to show exactly what happens when you get your COVID vaccine.

[Cornell Wellness Dance Party](#)

April 16, 6:30-8:30pm. Join Wellness & DJ ha-MEEN as he spins your favorite tunes from the past to the present, all the feel-good jams you'll want to listen to. Get up and move your body, while getting in those steps. Melt the stress away as you feel the beat. Sidestep while making dinner, dance in the mirror, grab the family, grab the pets, and get down with your bad self. If you're working and in a Zoom meeting, turn off your camera and put yourself on mute, then start grooving!



Weill Cornell Medicine Workshops:

- [How to Get a Good Night's Sleep: A Theoretical Background with Tips](#) - April 8, 5-6pm
- [Breast Cancer in Diverse Populations](#) - April 20, 6-7pm
- [Will Your Spine Be Ready When The Pandemic Has Passed?](#) - April 21, 6:00

Articles & Resources

- [How to Stay Safe From COVID-19 This Summer, according to the experts](#) (PBS News hour)
- [Exercise & Physical Activity for Healthy Aging](#) (Nat'l Institute on Aging)

ENVIRONMENTAL

[Our Changing Menu: Climate Change and the Foods We Love and Need](#)

April 15, 4-5pm. The authors will unpack the increasingly complex relationships between food and our changing climate, giving us insight into both the roots of the problem and how to plant the seeds of solutions during this Mann Library Chats In the Stacks lecture.

[Cayuga Lake Spring Clean](#)

April 22. Put on your gloves/mask, grab a trash bag, and have socially distanced fun! Email springcleancayuga@gmail.com with your location, how many in your group, and sponsor (if any).

OCCUPATIONAL

[Visit Ithaca! Presentation for new\(er\) Cornell employees](#)

April 13, 12-1pm. BIG RED WELCOME offers timely workshops and updates for full-time employees who have been at Cornell for less than 2 years. This month we will learn about the beauty of Ithaca and all it has to offer to tourists and YOU - our newest resident. Presented by Jodi LaPierre, Director of Visit Ithaca, the Ithaca/Tompkins County Convention & Visitors Bureau.



Employee Assembly – Announcements

- Candidate applications for the upcoming [EA elections](#) are accepted through April 6th.
- Call for nominations for the [George Peter Award for Dedicated Service](#). This award is given by the EA to staff who consistently demonstrate excellence in the performance of their duties.

RELATIONSHIPS

[Cornell Caregiver Support & Education Network](#)

The next meeting of the CSEN will be held April 22, 12-1pm.

[Tompkins Co. Youth Employment & Training](#) (Ages 14-24)

The Tompkins Workforce New York Career Center offers a variety of youth services, including summer and year-round employment opportunities, information about careers, and access to education and training programs. [Facebook](#) and [Instagram](#). Contact Amy Callahan at acallahan@tompkins-co.org.

[Conservation Career Day with the Cornell Lab of Ornithology](#)

April 18. Does your child (7th-12th grade) like being outdoors? Are they passionate about nature and wildlife? Perhaps they like technology and engineering, but would love a way to connect their high-tech interests to conservation? They can learn about various careers in this free event.

CULTURAL

[6th Annual Holocaust Commemoration in Ithaca](#)

April 7, 7pm. Ithaca Area United Jewish Community invites you to the 2021 Annual Holocaust Commemoration, honoring second-generation descendants of survivors, Gale Halpern and Rita Melen, for their work with the Holocaust Speaker's Bureau in Ithaca.

FOR MANAGERS

[Strategic Paid Time Off Planning for Effectiveness and Wellbeing](#)

April 20, 1-2pm. Cornell managers are invited to attend this brief training program about employee burnout and the creative use of paid time off. Tanya Grove, Organizational Development and Effectiveness & Michelle Artibee, Workforce Wellbeing, will cover:

- The basics of burnout, prevention and treatment, and its connection to time away from work
- Creative approaches to time away that are aligned to today's realities (reduced travel, scheduling unknowns, workload, etc.)
- How to facilitate discussion among your team and with individual employees to encourage paid time off use and develop plans for over the next 6-7 months, with the goal of minimizing workplace impacts.



About the Wellbeing Update:

Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program about campus and community resources, programs, and events. Explore [past editions](#) or email wellbeing@cornell.edu to ask questions/suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.