Most of us are emerging from the pandemic changed by the experience. The painful and difficult realities of COVID-19 and social justice issues in the U.S. have deeply impacted us. How people view and approach their time, relationships, health, and career has understandably shifted and evolved.

Some people have changed physically. Forty-two percent of U.S. adults reported undesired weight gain since the start of the pandemic, with an average gain of 29 pounds. Eighteen percent have lost weight with an average loss of 26 pounds. Some people have developed new health and/or mobility challenges.

While some of these changes are noticeable, others aren’t. Both visible and invisible changes can impact how we show up at work physically, mentally, and behaviorally.

Consider these suggestions for helping yourself and others navigate the coming days/weeks/months.

1. Expect that it will take time to adjust - the amount of time needed will vary.
2. Before returning to the personal habits/routines of Feb. 2020, consider the newer habits/routines you’ve developed and what good things you can carry forward.
3. Instead of fixating on physical body changes you are unhappy with, focus on what you’ve learned and accomplished throughout this time – use that info to guide your next steps.
4. Refrain from commenting on someone’s physical appearance.
5. Help newly hired Cornellians who may be navigating campus for the first time.
6. Recognize that some colleagues are still coping with pandemic-related work/life challenges.
7. When in doubt, ask questions/seek clarification. Assumptions can lead to negative workplace and personal impacts that may be avoidable.
PHYSICAL

**Give Yourself Time to Ease Back Into Fitness** (Weill Cornell Medicine)
Going back to working out - no matter how fit you were - should happen slowly, says Asad Siddiqi, DO, sports medicine physician and Assistant Professor of Clinical Rehabilitation Medicine.

**Consultations with Cornell Wellness**
Fitness, nutrition, and general health and wellness consultations available for free to Cornell employees. This team of experts is skilled at “meeting people where they’re at” in their health journey. Email wellness@cornell.edu to get started.

**COVID-19 Vaccine Clinics – Appointments available and walk-ins welcome at all clinics:**
- Trumansburg Fairgrounds: June 22, 10am-noon. 18+ years. [Register](#)
- Town of Caroline: June 29, 4-6pm. Caroline Elementary School. 18+ years. [Register](#)
- Town of Enfield: June 30, 4-6pm. Enfield Elementary School. 18+ years. [Register](#)

**Blood Donations Needed**
There is a severe national shortage, and the American Red Cross is calling for donors. Schedule an appointment at redcross.org.

MENTAL

**Managing the Anxiety of Returning to On Site Work**
June 24, 1-2pm & June 25, 9-10am. This webinar will focus on understanding and effectively managing anxiety relating to the return to the workplace during the waning of the pandemic. Can’t make it? Register to receive the recording afterward.

**Article:** Life is Returning to Normal, So Why Do You Feel Anxious (Weill Cornell Medicine)
You’re fully vaccinated, New York is reopening, and life is getting back to normal. Instead of joy, you feel overwhelmed, stressed, and can’t stop asking yourself: How should I behave around others?

CULTURAL

**LGBTQIA+ Pride Celebration Conversation**
June 24, 12-1pm. Celebration Conversations are spaces to celebrate the stories, accomplishments, cultures, and heritages of Cornell staff, centering on historically marginalized voices.

**Article:** Health Care Self-Advocacy for LGBTQ Patients (Weill Cornell Medicine)
Barriers to care and treatment can take a serious toll on physical and mental well-being. That’s why it is important...
to understand health needs and risks, and to learn how to advocate for the best care.

**LGBTQ+ Mental Health: The Trauma of Coming Out** (Mental Health America)
June 23, 3-4pm. Dr. LaNail R. Plummer, CEO of Onyx Therapy Group, will share her research, experiences, and evidence of working with members of the LGBTQ+ community.

**RELATIONSHIPS**

**Podcast:** *Keeping Your Family Safe This Summer During COVID-19* (Weill Cornell Medicine)
Learn tips on how to keep your family safe this summer during COVID-19 and beyond.

**CornellVetCARES Community Cat Spay/Neuter Clinic**
Register now for the July 2 clinic. Primarily outdoor, free-roaming and feral cats as a means of reducing cat overpopulation. Clinics are limited to 25 cats per clinic – Cornell netID required.

**Alzheimer’s & Brain Awareness Month** (Alzheimer’s Association)
An estimated 6.2 million Americans age 65 and older are living with Alzheimer’s dementia in 2021. Many Cornell caregivers provide crucial support to loved ones with this disease. To learn more, check out the 10 signs and symptoms of Alzheimer’s or attend an upcoming presentation/support meeting.

**Understanding Alzheimer’s & Dementia** (Alzheimer’s Association of CNY)
June 24, 10-11am. Learn about the difference between Alzheimer’s and dementia; stages and risk factors; current research and treatments available; and resources.

**Safety at Home - Caregiving Nitty-Gritty for Day-to-Day Challenges**
July 20, 12-1pm. Attend the Cornell Caregiver Support & Education Network meeting to discuss caregiving challenges and learn together.

**OCCUPATIONAL**

**New class: Change is Inevitable** (LinkedIn Learning)
15 minutes. While change has its many pros and cons, it can be harder to navigate when you’re the one having to embrace the change, as opposed to initiating it. In this quick course, learn how to go with the flow and wield organizational change to your advantage.

**Microsoft Teams – Video Tutorials/Training**
Learn how to get started and use chats, calls, meetings, bookings, schedules, and other features.

**ENVIRONMENTAL**

**Virtual exhibit: Make Do and Mend Together: A Patchwork of Solutions**
The College of Human Ecology’s Green Ambassadors curated this virtual upcycling/recycling exhibit. The theme this year reflects how we have made do and coped during the COVID-19 pandemic.
**Electric Vehicle Options for Everyone**
July 21, 4-6pm at 210 Hancock St., Ithaca. Learn about the benefits of carsharing and other options available for using and even owning an electric vehicle.

**HEALTHIER FUTURE**

**Transforming Our Lives Through COVID-19’s Lessons**
June 24, 2-3pm. The pandemic disrupted every aspect of our lives. But do we really want to “go back to normal?” Or is it time to create a healthier, more equitable future? Join thought leaders from the Cornell Institute for Healthy Futures to explore how life will change in response to the pandemic along with suggestions for transforming the challenging experiences of the past year into positive lessons.

**FINANCIAL**

**Discounts on Personal Purchases**
Cornell netID required to view the list of discounts available to employees: Agway True Value, Maguire Automotive, Verizon, AT&T, Michaels, Sedgwick Business Interiors, Ithaca-area hotels, and others.

**Ithaca campus: Staff & Faculty Meal Plans**
MealChoice is the meal plan designed for Cornell employees. Along with discounts, it gives convenient, cash-free access to Cornell Dining eateries and campus vending machines with card readers. Full-time faculty and staff are automatically enrolled - add money to your account to begin saving!

**FOR MANAGERS**

**How to Build Virtual Accountability** (LinkedIn Learning)
57 minutes. Accountability can help create a sense of ownership and autonomy and can build up trust amongst the people you work with. However, being in a remote environment can make it harder to hold yourself, and others, accountable. Learn how to foster accountability in a remote environment.

**Leading with Compassion** (LinkedIn Learning)
53 minutes. Compassionate leaders foster more trust and respect for their teams, which increases their ability to have success. Learn what compassion in the workplace means, how to demonstrate compassion without compromise, and how leaders can foster compassionate environments.

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 or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.