



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

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MENTAL



Let's Meditate in Nature

[June 10](#) & [June 24](#), 12:30–1pm. Grab your preferred device, head outside, and join Cornell Health "Let's Meditate" leader Eve Abrams for a virtual 20-minute guided meditation.

Don't like meditation? You're not alone. [Check this out...](#)

[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.

Unable to attend? Register for the recording link or explore these articles:

- [Guide to Managing Re-Entry Anxiety](#) by Thrive Global
- [We don't have to be anxious about anxiety](#) by Psychology Today

[Why You're Burning Out – And How to Fix It](#) (Ten Percent Happier Podcast Episode)

Leah Weiss, founding member of the Compassion Institute at Stanford, explores differences between anxiety, depression, and burnout; how to detect it; the spectrum; and burnout as a systemic problem.

[10 Ways to Deal with Relationship Fatigue](#) (Thrive Global)

Do you ever feel like shipping your loved ones off to relatives or disappearing into a federal witness protection program to get space from co-workers so you have time for yourself? You're not alone.

CULTURAL

LGBTQ+ Pride Month – Programs, Events, and Resources

Listen: Sue Brightly, chair of the Cornell LGBTQ+ Colleague Network Group (CNG), speaks with [Inclusive Excellence Podcast](#) host, Anthony Sis, about Pride Month, their experiences, and the value of the CNG.

Connect: the monthly [LGBTQ+ Colleague Network Group meeting](#) will be held on June 11 from 12-1pm and will feature a screening of the short film, “Lavender Hill: A Love Story.”

Get inspired: [“Little and Often: A Memoir” - featuring Trent Preszler, '02, '12](#) – June 21, 7:30-8:30pm. Go to *Relationships* section for details about this special Father’s Day & Pride Month event.

Find services: This directory of [LGBTQ Welcoming Services](#) was created by Pride and Joy Families of Binghamton University and features organizations in the Southern Tier/Central NY.

Help others: [Talk Saves Lives: LGBTQIA Module](#) (NY Public Library) - June 12, 10-11am, online. Learn about the leading cause of death (suicide), the latest research on prevention, and what we can all do.

Juneteenth (June 19)

Visit the [Cornell DEI Celebrations](#) page to learn about upcoming celebrations in June, including Juneteenth, and download celebratory Zoom backgrounds.

Community Juneteenth events include:

- [Ithaca](#) – 2-8pm, 305 South Plain St.
- [Elmira](#) – 12-4pm, Ernie Davis Park
- [Binghamton](#) – 12-4pm, 50 Carroll St.
- [New York City](#) – June 18-20



[New Cornell land acknowledgement](#)

Staff and faculty are encouraged to read the [full acknowledgement](#) at the beginning of gatherings and events and include it in websites and other materials.

FINANCIAL

[Being a Wise Consumer in the Utility Market](#) (CCE Tompkins)

June 10, 11am-1pm. NYS Assistant Attorney General, Michael Danaher, will speak about how consumers can protect themselves from problems and what to do if a problem occurs. Issues to be covered include electric and gas utilities, internet service, telephones, and telemarketing scams.

[Stepping into the Stock Market](#) (New York Public Library)

June 9, 12-1:30pm, online. Victoria Fillet CFP® reviews the basic steps that you need to know before you make your first investment. Get tips on how to decide your investment approach, learn about risk, and how to diversify so that you can enjoy the results of growing your money over time.

RELATIONSHIPS



[Safety at Home - Caregiving Nitty-Gritty for Day-to-Day Challenges](#)

June 17 & July 20, 12-1pm. Caregivers often find themselves needing to provide long term care for loved ones, helping with tasks like dressing, bathing, toileting, transferring, and managing medications without much training. During the June and July Cornell Caregiver Support & Education Network meetings, we will discuss techniques and solutions for caregiving challenges.

[Special Father's Day and Pride Event: *Little and Often: A Memoir*](#)

June 21, 7:30-8:30pm. Trent Preszler thought he left South Dakota behind him when he came to Cornell to earn his degrees and became CEO of Bedell Cellars on Long Island's North Fork. Estranged from his father since he came out in college, Trent received a call in 2014 from his dad to come home. Upon returning to SD, he discovered his father was dying. When he passed, his father left him one thing: his toolbox. Trent's memoir details what he did with those tools and his story of self-discovery, perseverance, and reconciliation.

[Get Organized with Your Genealogy Research](#) (New York Public Library)

June 8, 1-2pm, online. Tips and suggestions for organizing your genealogy research. Learn how to fill out pedigree charts, how to create timelines, construct family history narratives, etc.

Is your teen watching younger siblings, or babysitting this summer?

The [American Red Cross](#) offers virtual babysitting classes designed for ages 11+ (fees apply).

OCCUPATIONAL

[Employee Assembly Staff Forum: University Finance Update](#)

June 8, 12-1pm, online. This is an opportunity for staff to hear from the CFO and the VP for Budget and Planning as they review the FY21 budget, discuss what was learned, and impacts to FY22.

[Play Harder, Work Smarter: Lessons From a LEGO Design Master](#)

June 10, 2pm, online. Play helps adults learn, express creativity, improve productivity, and relax from the stresses of everyday life. Cornell alumni Mike and Karen Psiaki will share stories and insights from their time working at The LEGO® Group and ideas for incorporating play into the workplace.

[Creating Your Own Podcast](#) (New York Public Library)

June 11, 3:30-5:30, online. Learn about podcasting platforms, how to get started, tips for researching and structuring a show, getting the most out of an interview, and more. [Library membership is free.](#)

[How improv can improve your work + life](#) (Care@Work by Care.com)

June 14, 1-2pm, online. Kelly Leonard is a longtime creative executive at The Second City, the world's premier comedy theatre. He'll show how improvisation can give individuals the skills they need to succeed in the future of work.

[Cornell Summer IT Classes](#)

Upcoming programs (free and fee based) about Web Accessibility, Excel Skills, and more.

ENVIRONMENTAL

Strawberry Farms

Strawberries are in season during the month of June in the Finger Lakes. Visit a [local farm](#) for some juicy goodness! Check websites or call ahead to get the latest info.



[Birds and Blooms: In the Arboretum](#)

June 17, 9-10am. Cost of \$10/ea. Join staff from Cornell Botanic Gardens and the Lab of Ornithology for a combined bird walk and plant walk.

[Gardening for Beneficial Insects: Bees, Butterflies, and Natural Enemies](#) (CCE Tompkins)

June 22, 6-8pm via Zoom. Beneficial insects are so much more than bees! Learn to recognize some common natural enemies of pests and what you can do to make your garden more attractive to them.

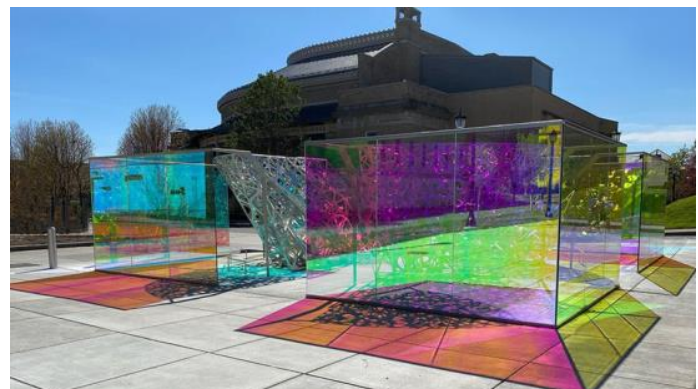
[What's "Bugging" You? First Friday Education Events](#)

In this monthly virtual CALS series, learn about integrated pest management to avoid problems and promote a healthy environment. Events are from 12-12:30pm, online.

- July 2: Finding and eliminating mosquitoes in your yard
- Aug. 6: How to select a pesticide
- Sept. 3: Keeping pests out of your home this fall, from stink bugs to mice

PHYSICAL

"Explore Cornell" Walk: [PolyForm](#), a must-see 34-foot wide walk-through outdoor installation designed by Jenny Sabin, professor of architecture in the College of AAP. It is a centerpiece of the newly renovated Martha Van Rensselaer Hall. Visit day or night.



[Cornell Wellness - Update on Fitness Centers](#)

A phased re-opening of several Recreational Facilities began June 1. Visit website for details.

[Spine Time – Sprains and Spasms, Pulls and Tears](#) (Weill Cornell Medicine)

June 16, 5pm, online. Learn about coping with soft tissue conditions in your back.

BBQ Safely This Summer! [Cornell Chicken Barbecue Sauce & Safe Chicken Barbecues](#) (CCE Tompkins)

HELPING OTHERS



“Soap for Hope” calling for donations and volunteers
This Tompkins County-wide collection drive of personal care products is running through June 16. The campaign did not run last year, so the need is great. Event organizers are looking for volunteers to help run drives in their home or work communities. Contact j2ryan@msn.com.

Items needed:

Bar Soap / Laundry Detergent / Dish Soap / Toilet Paper / Deodorant (men’s & women’s) / Feminine Hygiene Products / Toothbrushes & Toothpaste / Facial Tissue / Moisturizing Lotion / Shampoo / Diapers / Hand Sanitizer / Cleaning Supplies / Shaving Supplies

A few of the collection sites:

- Cornell Institute for Social & Economic Research – 391 Pine Tree Road
- Ithaca Youth Bureau – 1 James L Gibbs Drive
- YMCA of Ithaca & Tompkins County – 50 Graham Road

FOR MANAGERS

[Cornell Managers Forum](#)

The forum will include a variety of topics such as fall planning, re-entry anxiety, and managing a varied "Home, Hybrid, and Hub" team.

[Managing the Anxiety of Returning to On Site Work](#)

June 24, 1-2pm or 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. Suitable for supervisors and non-supervisors. The tips covered in the Managers Forum (above) will be brief - this program will be more in-depth.

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.