March 8, 2021 Update - Past editions

- Physical
- Cultural & Historical
- Occupational
- Relationships
- Mental
- Environmental
- Financial
- For Managers

Wellness Days - March 9 & 10

Cornell Wellness Days have been scheduled for March 9 & 10 and April 23 & 26 in lieu of Spring Break. Employees are encouraged to celebrate these days as well, either during the workday or while away from work. Ideas are offered, however each person/team should focus on their unique needs and what is possible.

If you’re struggling...

The events of the past year have left some people feeling physically and mentally drained. This isn’t a sign that you aren’t strong enough or resilient enough. Each person has a limited amount of physical and emotional energy and a limited number of hours. While there are ways to care for and grow our capacity, the realities and challenges of the past year have been profound and should not be underestimated.

It can be easy to ignore our wellbeing given the limitations of time, work demands, and home life. Messages encouraging self-care may ring hollow if you are coping with something very difficult or feeling overwhelmed by work and/or life.

It may be helpful to start with identifying one current need (e.g., better rest) and a small practice you can incorporate to help. Revisiting and clarifying expectations can also be helpful - of yourself, and the expectations you and your supervisor have of each other. Lastly, make your journey yours. Practice applauding the successes of others without considering them your deficiencies.

The staff of Cornell Wellness, Work/Life, and the Faculty and Staff Assistance Program are available to help you in a variety of ways. If you’re unsure where to start, email wellbeing@cornell.edu.

Coming soon...

Daylight savings begins on Sun., March 14 and the Spring equinox occurs on Sat., March 20. Increased sunlight hours with earlier dawns and later sunsets are headed our way!
PHYSICAL

**Cornell Wellness Dance Party**
March 12, 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. Move your body, while getting in steps.

**Swimming with Icebergs: An Evening with Jaimie Monahan** (Hospicare of Ithaca)
March 18, 7-8pm. Women Swimmin’ for Hospicare presents an evening with Jaimie Monahan, a world record holding ultramarathon and ice swimmer and Cornell alum.

**March is Colorectal Cancer Awareness Month**
Colorectal cancer can affect anyone, has screening options, and can be prevented through the easy removal of polyps. Wendi Hawkins, Cornell Academic HR Consultant, shares her family’s story about her husband’s battle with colorectal cancer and why she is so committed to educating others.

**Our Wakanda: Colorectal Cancer in Younger Adults** (NewYork-Presbyterian & Weill Cornell Medicine)
March 23, 6-7:30pm. Physicians will explain how to keep a healthy colon and rectum, effective screening methods, and the rise of colorectal cancer in younger adults.

**60 Black Health Experts Urge Black Americans to Get Vaccinated** (GreaterThanCOVID.org)

CULTURAL & HISTORICAL

**Celebrating Women’s History**
March 8 is International Women’s Day and March is Women’s History Month. These celebrations are held to honor the contributions of women in America and across the world. Check out Cornell’s DEI Celebrations Page for Zoom backgrounds and other celebration resources. Expand your knowledge of women’s history with the below program and resources:
Changes in America’s Gender Norms since the 17th Century
March 18, 8-9pm. Professor Mary Beth Norton will trace changes in the ways women have been viewed since the English settlement in N. America, turning points, and who brought about change.

- Women's History Month: Images from an immigrant woman's life in the early 1900s
- Women's History Month: Recognizing Ithaca’s Own
- The History Center in Tompkins County
- Women's Rights National Park

Cornell Concert Series presents Ladysmith Black Mambazo
March 17, 7pm. For 60 years, South Africa’s five-time GRAMMY Award winners, Ladysmith Black Mambazo has warmed the hearts of audiences worldwide.

OCCUPATIONAL

President's Awards for Employee Excellence
Nomination process opens March 15th. If you know of an outstanding employee you'd like to recognize, check out the website for criteria and other details.

Cornell George Peter Award for Dedicated Service
The Employee Assembly is calling for nominations of staff who consistently demonstrate excellence in the performance of their duties and go above and beyond in helping others.

Performance Dialogue, Career Management and Preparedness
March 8, 3-4:15 pm or March 12, 1-2:15 pm. Done right, performance dialogues can be a catalyst for overall improvement. Learn tips, tools and advice on how to prepare for your performance dialogue.

Automated Captions & Transcripts in Zoom — Improve the Accessibility of Your Meetings & Webinars

RELATIONSHIPS

Reaching Out to a Loved One with Substance Use Disorder (NAMI Finger Lakes)

Vaping Info Session for Teens and Families (Weill Cornell Medicine & NewYork-Presbyterian Hospital)
March 24, 5-6pm. Learn from medical experts about adolescent vaping.

How to Practice Self Care As a Busy Parent (Mental Health First Aid)

MENTAL

Soup & Hope with Eric Acree
March 11, 12:15-12:45pm. Eric Kofi Acree, Director of the John Henrik Clarke Africana Library at Cornell University, will talk about how he chooses to be hopeful in the face of life’s difficulties.

Articles
- Small Rituals to Mark the End of the Workday (Thrive Global)
- How to Quiet Your Mind When You Can’t Fall Asleep (Thrive Global)
• Stanford researchers identify four causes of “Zoom fatigue” and their simple fixes (Stanford)

ENVIRONMENTAL

Community Beautification Brigade Trainings
March 11, 7-8pm & March 16, 7-8pm. The Brigade takes care of public flower plantings in Ithaca. Have fun, learn gardening techniques, and help keep Ithaca gorgeous. No experience required.

In NYC? Check out these volunteer opportunities with NYC Parks.

FINANCIAL

Homeowner’s Guide to Protecting Assets (Ithaca Neighborhood Housing Services)
March 16, 6:30-8pm. Learn to examine your assets and the best ways to manage and protect them.

FOR MANAGERS

Understanding Burnout
Burnout can occur when someone does not have the personal and/or professional resources needed to accomplish their work and sustain themselves personally. It can lead to poor physical and mental health, lower mental acuity and productivity, and create interpersonal challenges as well at work and at home. Burnout is a complex issue that has grown significantly during COVID-19 and it requires a spectrum of supports and interventions based on each individual situation.

Burnout: how it hurts, what can help (Cornell Chronicle). Vanessa Bohns, ILR School Associate Professor of Organizational Behavior shares the pre-pandemic roots of burnout, the impact of COVID-19, and strategies to address it.

Beating Team Burnout: A Five-Week Newsletter Series for Managers (Harvard Business Review). Managers can’t cure burnout alone (especially not in five weeks). But by taking some simple steps, you can watch for a few of its most troublesome symptoms and provide immediate relief.

LEARN MORE: Contact Michelle Artibee, Director of Workforce Wellbeing, at mla64@cornell.edu for additional information about burnout and available resources.

HR 2031 Performance Management for Managers
March 15, 3-4:15pm or March 18, 9-10:15am. Learn about changes to the dialogue process, managing remote performance, how to coach for performance, and about trusting employees.

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.