



EMPLOYEE WELLBEING at CORNELL

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Wrapping Up 2020

The Employee Assembly-sponsored Panel, “Wind down to Winter Break,” is today (12/14) from 12-1pm. If you were unable to attend, the recording will be posted [here](#) in the coming days.



The Wellbeing Update email was created in the spring to summarize campus and community offerings available to you and to provide information on timely topics of concern. We hope you have found it useful! The next edition will be January 11.

Caring for our wellbeing involves recognizing what we most want and need for ourselves and each other - and taking the small steps needed to grow or thrive in that space. This journey can be made easier when we are honest with ourselves about the limitations of our time, energy, and capacity - and adjust our expectations accordingly. It may mean having authentic conversations with those in our work and personal lives and working together to determine realistic approaches. Doing so may feel awkward and require ongoing conversations, however it is an important part of self-care – especially in times of crisis.

In a [recent Employee Assembly Forum](#) (51:27), Anne Jones, director of medical services at Cornell Health, spoke about [Pandora’s box](#) - a story in Greek mythology ([depictions vary](#)). In the story, we learn that if we do not rush to close the container when dark and scary things emerge, hope is what remains. Despite our collective and individual challenges and pains from the year, there is so much that we have learned about ourselves, family, friends, community, and colleagues this year. That knowledge may be a source of hope.

Please give yourself space and grace over the coming month. Whether it is to process the year, to rest, to celebrate, to be active, or even to grieve, move gently and with self-kindness.



Illustration by Kate Hazell

MENTAL

[Preventing Burnout During This Challenging Time](#) (Care.com)

Dec. 16, 12-1pm. Executive Coach Lisa Abramson will teach you how to develop a more resilient mindset through five key strategies. She'll share actionable steps you can start doing immediately to avoid burnout, "reset" and better cope with the stress of the holidays.

[Home Alone for Winter Break?](#)

Join us for two-part guided conversation, reflection, and connection.

Dec. 17, 12-1pm & Dec. 28, 12-1pm. The winter season and break are an important time for rest and reflection for many Cornellians. For those who live alone, social gathering and travel limitations may impact traditions and create/exacerbate feelings of loneliness. Facilitated by Tracey Brant, assistant ombudsman at Cornell and professional certified coach.



[Celebrating Black Masculinity](#) (BEAM)

Dec. 15, 4-6pm. Showing love and honoring the ways black men and masculine folks have shown up in 2020. Hosted by Cydney Brown and Leroy Mitchell.

[Virtual Mid-Day Mindfulness Meditation](#) (Tompkins County Public Library)

Dec. 30, 12:15-12:45pm. This session encourages participants to shift out of "automatic pilot" mode and observe the workings of the mind, body, and emotions.

[Pandemic-Proof Your Habits: Too many people are still longing for their old routines. Get new ones instead.](#) (New York Times)

[8 Addictive Podcasts That Will Give You a Happiness Boost](#) (Happify)

CRISIS SUPPORT

If you, or someone you know, is feeling stressed, depressed, overwhelmed, and/or having thoughts of suicide, it helps to be heard. Call 607-272-1616 or 1-800-273-8255 for confidential support.

Unsafe at home? Call any of these resources for confidential guidance and safety tips.

Reach out to a New York State advocate any time, day or night.

[Chat](#) | Text: 844-997-2121 | Call: 1-800-942-6906

Located in Tompkins County? Call the Advocacy Center 24/7 hotline at 607-277-5000.

Located outside New York State? Call the 24/7 hotline at 1-800-799-7233.

[Learn more about domestic violence resources at Cornell.](#)

The National Alliance on Mental Illness (NAMI) of the Finger Lakes has a [comprehensive list](#) of resources, support groups, and guidance. Save the URL so you can easily access or provide help.

Cornell employees and their family members may call [eni Confidential Counseling Services](#) 24 hours/day, 7 days/week. Licensed mental health professionals provide counseling in person or over the phone for a variety of work and life stressors. 1-800-327-2255.

HELPING OTHERS

[Intergenerational Campaign to Save Child Care Centers](#)

Cornell retired faculty and students are leading an “Adopt a Classroom” campaign to fundraise for child care centers at risk of closure due to pandemic-caused financial gaps. A matching contribution from Cornell has been made to double the impact of donations. Learn more about this issue and give to ensure our fragile local child care economy survives the pandemic.



MUSIC, FILMS & OTHER ARTS

[Cornell Chorus and Glee Club Readings and Carols](#)

Dec. 16, 7pm. The Cornell [Chorus](#) and [Glee Club](#) invites you to join in a musical holiday celebration including singalong carols (featuring the virtually assembled choirs) and seasonal poetry readings.

[Music for Medicine Virtual Benefit](#) (Weill Cornell Medicine)

Dec. 16, 7-8pm with Anthony Fauci, M.D., Members of the Vienna Philharmonic Orchestra, Yefim Bronfman, and The American Austrian Foundation, Inc.

[Ithaca Ballet Presents Cyber Nuts: Ithaca Ballet’s first-ever virtual Nutcracker](#)

Dec. 18-20. Live streamed with your favorite characters in innovative Ithaca friendly landscapes.

[Lights on the Lake: A CNY Holiday Tradition](#)

Located at Onondaga Lake Park in Liverpool, NY, take a two mile drive through a beautiful holiday light display. Tickets available online only, now through Jan. 10.



[Cinemapolis Movie Rentals](#)

Rent Indie films over the holiday break and support your local cinema.

[Book and Binge Bundles](#) (Tompkins County Public Library)

Looking for the perfect escape? Request a Binge Bundle – curated collections of movies, books, and audiobooks on topics of your request. Each bundle has 5 items on a different topic.

New York Public Library – Virtual Events

- [Holiday Movie Trivia](#) - Dec. 22, 2-3pm. Are you a movie buff? Do you love watching holidays movies this time of year? Test your holiday movie knowledge at trivia night!
- [Virtual Crochet and Conversations](#) - Dec. 22, 3-4pm. Bring your supplies and engage in virtual conversation and crochet troubleshooting.
- [Cocoa, Cookies and Poetry – The Night Before Christmas](#) - Dec. 22, 7pm. For all ages. Settle down with your cocoa and cookies and let’s explore one of the most iconic poems.
- [Virtual Adult Acting Circle](#) - Dec. 23, 3pm. Are you a fan of the dramatic arts? Come to the adult acting circle! Improv, cold reads, scene reads, discuss acting methods, and more!

RELATIONSHIPS

[Request a Cornell Pen Pal with Big Red Writes!](#)

During the cold months and physical distancing, spend some time getting to know a fellow Cornellian! Join the 200+ Cornellians who have been matched already.

[Cornell Global Mixer](#)

Dec. 27, 11am-Dec. 28, 3am. Make friends with Cornellians around the world.

[Make a Care Kit for someone diagnosed with COVID-19](#)

If you know someone who is ill, consider these Care Kit ideas from UPS.

[Family Conflict Is Normal: It's the Repair That Matters](#) (Greater Good)

Parenting

[Fostering Children's Resilience in Times of Uncertainty](#)

Jan. 28, 12-1pm via Zoom. Learn about the importance of creating predictability and maintaining emotional connection with children. We will discuss the value of psychological flexibility, caregiver self-care, building routines and the protective aspects of unstructured play (for both adults and kiddos!).

Recent Webinar Recordings:

- [Child Physical Health and Development During COVID-19](#) - with Dr. Jeffrey Snedeker
- [Supporting Your Tween and Teen's Mental Health During COVID-19](#) - with Marisa Matsudaira

[How to Help Your Kids Reframe Their Anxiety – And Reclaim Their Superpowers](#) (NPR)



PHYSICAL

[Emergency Preparedness in the Winter Months](#)

The Red Cross outlines a practical list of steps and items to have at home and in the car for winter storm safety. Make an effort to review and prepare during milder weather.



[A Regular Dose Of This Remedy Can Help Reduce Pandemic Stress.](#) (Thrive Global)

Research tells us spending time outside can help lower our stress. Find local outdoor nature areas to explore during the winter! Try [Cornell Nature RX](#), [NY State Parks](#), or [Find Your Park](#) to locate spaces for walking, running, cross country skiing, bird watching, scenic drives, and more.

[Working from Home & Feeling Physical Discomfort?](#)

The Cornell Musculoskeletal Injury Prevention Program offers free ergonomic evaluations virtually for home offices. Book a consultation to learn about tweaks you can make to improve your wellbeing.

FINANCIAL

[Cornell COVID-19 Employee Hardship Fund for School-age Child Expenses](#)

The fund may be used to obtain reimbursement for higher-than-normal costs for school-age children.

Employees are encouraged to apply now, as the program will close when funding is exhausted.

[Women and Financial Wellness Webinar](#) (Tompkins Financial Advisors)

Dec. 16, 10am. Get control over your financial future. Go beyond the basics of planning bill paying and dig into plans that will move you toward longer-term goals.

CULTURAL

[Creating More Inclusive and Culturally Sensitive Forms](#)

Today's websites are designed to be well organized, mobile-friendly, and accessible to those using adaptive technologies, but many never stop to think that our choices when creating a form to collect information from our users may present a problem. Learn more about this issue and practical solutions from SCL web communications manager, Mark H. Anbinder.



[Inclusive Excellence Podcast #30: Making Meaning of Religion, Faith, and Spirituality](#)

Guest Oliver Goodrich, Associate Dean of Spirituality and Meaning-Making and Director of Cornell United Religious Work (CURW) explores the differences and similarities between religion, faith, and spirituality, and how we make meaning of all three terms.

MANAGERS

[Help Cornell Employees Experiencing Domestic Violence](#)

Throughout the pandemic, the numbers of people seeking help for domestic violence situations have climbed. As a Cornell supervisor, it is important to be aware of resources and know how to take appropriate action. Review and bookmark this guide.



[Don't Work on Vacation. Seriously.](#) (Harvard Business Review)

By Laura Giurge, Postdoctoral Research Associate at London Business School and [Kaitlin Woolley](#), Assistant Professor of Marketing at the Johnson Graduate School of Management at Cornell University.

Cannot view the article? Here's the summary:

"As more and more employees shift to flexible work schedules, it's become increasingly common for people to work during time off. But new research shows that working on weekends or holidays can have a significant impact on intrinsic motivation, leading to both lower employee satisfaction rates and lower quality work product. To combat this, the authors suggest a simple but effective strategy for situations in which working during time off is unavoidable: by mentally reframing time off as "work time," you're likely to feel more motivated, find your work more meaningful, and put more effort into your work."

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.