



EMPLOYEE WELLBEING at CORNELL

April 20, 2020 - Weekly Update

Information and services provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program. Visit the [HR Resources webpage](#) for more information. Email wellbeing@cornell.edu to ask questions and request assistance. We are here to help!

Mental Wellbeing

Productivity, Perfection, and a Pandemic

In our highly driven environment, we are typically focused on maximizing productivity and delivering the best results possible. During this incredibly stressful and uncertain time, it may be helpful to think about what messages you are telling yourself (and others) about productivity and perfectionism. Adjusting your internal dialogue may help you, your colleagues, and possibly your family.

There is a difference between healthy perfectionism and maladaptive perfectionism, according to Kristin Neff, Ph.D., and guest of Ten Percent Happier's recent podcast, "[How to Go Easy on Yourself in a Pandemic](#)." Neff suggests that self-shame about productivity isn't necessary and that it is possible to go easy on oneself, "without going soft." Tune in to hear more of Neff's thoughts and enjoy the imperfect moments.



Click to listen to Jasmine Jay of the Cornell Faculty and Staff Assistance Program speak about mental health resources and self-care (opens in new window).

Staycation for Self and/or Family Care

It may feel unnecessary to take time away from work since there are travel restrictions and activity closures. Regardless of your living situation, taking time away from work to do things you enjoy, rest, and reflect may help you feel better and more focused. Whether you use the time to learn a new hobby or pause juggling family life and working, take time away if possible.

Webinar: Couples That Work: At Home Survival Guide

May 5, 12:30-1 p.m. Brought to you by Care@Work by Care.com, this webinar will provide helpful and actionable tips about how to manage working from home with your partner – and maybe children, too! [Register](#)

Grief, Loss, and Illness Amid COVID-19

Whether the death of a loved one or a colleague is due to COVID-19, an unrelated health issue, or an accident, how we respond and mourn is impacted by COVID-19-related social distancing regulations and other challenges. It is especially important to support others through the loss of a loved one or colleague. The [NYS Office of Mental Health](#) offers helpful suggestions.

Individuals who are experiencing a serious illness or caregiving for someone with a medical condition (both in-home and from a distance) may also be facing very difficult decisions and challenges in how they access and provide care and support.

If you are in either of these situations and need support or assistance, visit the [HR Resources](#) page for options.

Substance Abuse

There are many reasons that substance abuse can increase in times of crisis – both the development of new substance abuse and a reoccurrence of past substance abuse. Providers and organizations (such as the ones below) remain available to support individuals and their family members:

- [Alcoholic Anonymous \(AA\)](#) - Virtual meetings
- [Alcohol & Drug Council](#), 607-274-6288 | Providing outpatient treatment, individual/group counseling sessions, and referrals.
- [Cayuga Addiction Recovery Services](#), 607-273-5500 | Accepting referrals, conducting assessments and appointments via telehealth, and open for admissions for residence care.
- [Finger Lakes Area Counseling & Recovery Agency](#), 833-435-2272 | Treatment and recovery services
- [NYC: Alcohol & Drug Use Resources](#)
- U.S. SAMHSA's National Helpline, 1-800-662-4357 | Confidential, free, 24/7, English and Spanish, for individuals and family members facing mental and/or substance use disorders.

Articles & Resources

- [How to Survive a Crisis: Advice from the Wisest Americans](#) (The Legacy Project)

Physical Wellbeing

Cornell Wellness

Week of April 20-24 events (visit [website](#) for details)

- *Take A Break Tuesday*: Take A Break In The Kitchen, 11-11:30am | [Participate by Zoom](#)
- *Workout Wednesday*: Fit Family - Workout with your kids, 12-1pm, | [Participate by Zoom](#)
- *Thoughtful Thursday*: Creekside Meditation, 9-9:30am | [Participate by Zoom](#)
- *Fuel It Friday*: Expert registered dietitian advice and recipes

We are here for you.

This may be the perfect time for you to connect with our staff to talk about your personal wellness routine. Free individual consultations (no membership needed) for fitness, nutrition, smoking cessation, and general health and wellness topics are available. Email wellness@cornell.edu.

“DIY Disinfectant Wipes” recipe was removed after additional research revealed the recipe was not strong enough for COVID-19 disinfection. Review the [CDC's guidance on disinfection](#).

Grocery Shopping – COVID Prevention ([Consumer Reports](#))

Shopping for essential items such as food, medicines, and cleaning supplies may be necessary. Safety tips:

- Make a list before you go to reduce time spent
- Wear disposable gloves and wipe down cart handle and child seat, or basket handle
- Limit contact with frequently used surfaces in the checkout area, such as candy racks, counter areas, and credit card readers
- Some stores are requiring shoppers to keep and fill reusable bags in the cart, and not on store counters.
- When arriving home, put bags in one area and wipe down cans, jars, bottles, boxes
- Wash produce
- Wipe down counter tops, fridge and door handles, and other surfaces.

- Clean your phone if you used it while you were out and wash your reusable face mask regularly.

How To Get The Most Out Of Your Virtual Medical Appointment ([NPR](#))

- Prepare for the conversation: Make a list.
- Keep track of when your symptoms started and if they've changed.
- Take and send a photo of obvious symptoms.
- Address routine issues before the visit, if you can. Medication refills, notes from a doctor that are required by your employer or insurer, or other paperwork may not even require a telemedicine visit.
- Be ready to talk and call from a quiet place.

Try a New Recipe: Cornell Chicken

Read about the [history](#) of the Cornell Chicken recipe and give it a try! Ingredients: oil, vinegar, salt, poultry seasoning, pepper, egg, and chicken.

Articles & Resources

- [YMCA Free Virtual Workouts](#)
- [Prevention: Disinfecting your home](#) (CDC.gov)

Positive News and Inspiration

Thank #EssentialCornell employees

The Cornell Employee Assembly began a selfie campaign to say thank you to the Cornell employees working on-location providing important services and care to students and the campus. Express your thanks by posting your selfie to social media with the tags, #EssentialCornell and #WorkingatCornell!



Climate Impact

“On March 7, with temperatures ranging between 18 and 33 degrees, Cornell was able to meet 100% of campus energy demands with renewables. Due to shifts in operating status and centralized cutbacks in heating and energy use, it is anticipated that energy needed to power campus this spring will be met largely by renewables.” - Rick Burgess, Vice President for Facilities and Campus Services

Watch Cornell Hawk Cam

A pair of Red-tailed Hawks, named Big Red and Arthur, are nesting above Cornell’s athletic fields! The Lab of Ornithology has cameras at their nesting site to observe the intimate behavior of these birds as they raise their young on campus. [Watch their eggs hatch](#) this spring.

Parenting

[Sign-up](#) to receive the weekly Cornell Parenting Newsletter for a summary of news, events, and resources.

Cornell Parents Community Chat

April 21, 1-2 p.m. Let’s get together in our virtual offices and homes to support one another through all that we are trying to manage right now. Guest expert Diane Bradac, Cornell Work/Life Consultant, will participate in a facilitated conversation about family life amid COVID. [Participate by Zoom](#)

Workshop: Creating Toddler Routines and Rituals

April 24, 12-1 p.m. There is no shortage of resources for parents on ways to keep children busy at home. This webinar is an invitation to step back from doing and find ways to create harmony and routine during periods of transition. We will focus on how to create routines for toddlers, how to establish secure attachment through play, and how to support our little ones through connection, emotional regulation, and rituals. Offered by the Child Development Council. [Join Zoom](#)

Cornell Kids@Home Activities & Events

Check out [videos and activities](#) designed for kids! Cornell and community experts are sharing fun and fascinating knowledge tailored just for kids, plus activities to entertain and engage. Check out this [Learn to Juggle](#) video with Frank Towner of the Ithaca YMCA!

Sciencenter Earth Week Programming

April 20 through Friday, April 24, 10:30 a.m. every day. Sciencenter educators will host live Zoom activities focused on sustainability and Earth science. [Details](#)

Articles & Resources

- [Remote Work Tips for Families](#) (Cornell)
- [Working From Home with an Infant](#) (Society for Industrial and Organizational Psychology)
- [Resources for families during COVID-19](#) (Care.com)
- [About Child Regression & What to Do](#) (Lerner Child Development)
- [75 Ways for Kids to Connect & Contribute](#) (Conscious Discipline)
- [Disney Bedtime Hotline](#) (Call 1-877-7-MICKEY for special bedtime messages from Disney characters)

Elder/Adult Care

Cornell Elder/Adult Care Community Chat

April 29, 9-10am. Let's get together in our virtual offices and homes to support one another through all that we are trying to manage right now. Guest expert Diane Bradac, Cornell Work/Life Consultant, will participate in a facilitated conversation about elder/adult care amid-COVID. [Participate by Zoom.](#)

Financial Information/Resources

Cornell Retirement & Beyond Seminars - [Details](#)

Planning for life after retirement should involve not only looking at one's finances; there are other considerations, including health care. Attend a seminar that outlines the changes to your benefits as you prepare to transition into retirement.

- Endowed Employees: May 6, 10-11:30 a.m.
- Contract College Employees: May 6, 1:30-3 p.m.

BJ's Shopping Hour for First Responders/Medical Personnel & Free Limited Memberships

Beginning Sunday, April 19th, first responders and healthcare workers can shop the club during the designated hour without a membership. BJ's is also offering a free, four-month Inner Circle membership to all first responders and healthcare workers. [Press release](#)

Visit the [HR Resources](#) page for information on food banks and other financial support services and the [Perks & Discounts](#) page for other ways to save.

Working Remotely

New! Cornell Remote Work Tip Sheets (PDF - 1 page each)

- [Tips for Everyone](#)
- [Tips for Managers](#)
- [Tips for Technology](#)
- [Tips for Families](#)

[Options for Poor Wifi & Other Tech Tips](#) from Cornell Information Technologies (CIT)



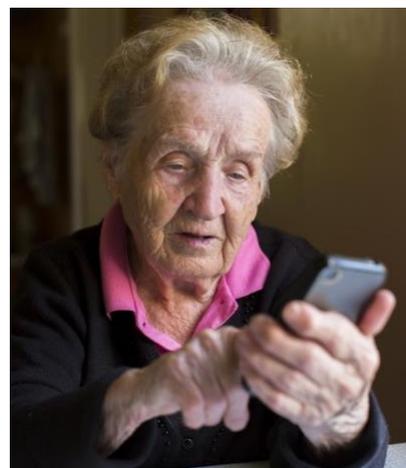
Help Others

Send A Smile message to Older Adults: You can help raise the spirits of those who are isolated and lonely. Send artwork, a letter, or a video that can be shared with individuals living alone or facilities who have requested some spirit-lifting content for residents. Send content to

SendASmileTompkins@gmail.com Examples:

- Card/letter/story/poem: hobbies, school, pets, weather, music, movies, books, sports
- Pictures: flowers or animals in your yard, an inspiring sign, an art project
- Video: play an instrument, sing, dance, show off a magic trick, tell a joke, read a book

Donate Items to Senior Living Centers: word searches, magazines, laptops and iPads, books, art supplies, personal care supplies, board games (not with lots of small pieces), beading supplies, bingo prizes, small radios or cd players, headphones, etc. Items will be quarantined prior to passing them out, but PLEASE also do not donate if you or someone in your house is sick, and wash hands/use hand sanitizer or gloves, etc. when gathering things and dropping off. Email SendASmileTompkins@gmail.com for drop off locations in Lansing and Downtown Ithaca.



[Robin Fund](#) (managed by the Greater Ithaca Activities Center)

The Robin Fund assists people in our community faced with a financial crisis and nowhere else to go. When family finances are in precarious balance any emergency becomes a struggle for survival. In such a situation, a grant or loan from the Robin Fund can be made quickly. 100% of each donation goes directly to people in need.

Volunteer Gigs in Workday

Use Workday to connect with [volunteer opportunities](#): the links below will take you to Workday's landing page; click the red "login to Workday" button and 2-step authentication, and you'll be redirected to the volunteer gig.

Errands and Miscellaneous Life "Stuff"

Tips for Using Grocery Delivery/Pick-up Services

With the volume of shoppers using these services, many individuals are getting the dreaded message, "No pick-up time is available." We suggest keeping your virtual shopping cart up to date and then refreshing your cart at specific times. If a new pick-up/delivery time is available, you'll be all set to place your order quickly. Some folks are finding midnight to be the magical ordering time. Visit hr.cornell.edu/resources for home delivery options.

Haircuts

Check out a vast library of how to give yourself (or someone in your household) a hair trim. We like "[How to cut your own bangs!](#)" Best of luck and make sure you keep photographic evidence of the results!

Pet grooming

Again, Internet advice abounds on how to comb out matts, [trim toenails](#), [clean ears](#), and other basics. If you decide to get decorative with fur trimming, do some research first to ensure the safety of your furry friend.

[Dept. of Motor Vehicles \(DMV\)](#)

Details about what services are suspended and which are available via the website.



For Managers and Departments

Cornell Wellness experts are available to deliver free virtual educational sessions on a variety of topics to departments (minimum participation of 10). Popular sessions include Unkink and Unwind, Mindfulness for Stress Reduction; and Optimizing Mental Health Through Fitness and Nutrition. Email wellness@cornell.edu to request a free department workshop.

Cornell Remote Work Tip Sheets

- [Tips for Managers](#)
- [Tips for Managers with New Team Members](#)

Tompkins County News

Tompkins Consolidated Area Transportation (TCAT)

- [Riders must wear face coverings/masks](#)

Recycling & Materials Management of Tompkins County

- [Eliminate unnecessary trips to the recycling center](#)
- [Put cardboard in the recycling bin to reduce surface touches](#)

State & Federal News

Marriage Licenses

Governor Cuomo issued an Executive Order allowing New Yorkers to obtain a marriage license remotely and allowing clerks to perform ceremonies via video conference, a practice that is banned under current law. Many marriage bureaus have temporarily closed as a result of the COVID-19 pandemic, preventing New Yorkers from getting a marriage license during the current health emergency; the Executive Order will temporarily suspend a provision of law that requires in-person visits.