



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

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## Transitioning to the Fall Semester

Summer months often include travel, connecting with family and friends, and most importantly – rest and rejuvenation. This year, many Cornellians worked hard throughout the summer to prepare courses, classrooms, buildings, systems, and people for a semester unlike any other.

The mental and emotional exertion the pandemic has necessitated has left many employees feeling quite tired and weary. It can be frustrating to feel this way at the start of a new semester, which normally brings a sense of renewal and energy for Cornellians.

In this Medium article, [Your 'Surge Capacity' Is Depleted – Here's how to pull yourself out of despair](#) by science journalist Tara Helle, experts advise the following strategies.

- Accept that life is different right now (not resisting reality allows us to apply energy elsewhere)
- Recognize the different aspects of grief (anger, in particular, is evident in many places lately)
- Modify the expectations you have of yourself
- Experiment with “both-and” thinking
- Look for activities, new and old, that continue to fulfill you
- Begin slowly building your resilience bank account

*“There is virtue in work and there is virtue in rest. Use both and overlook neither.”* Author Alan Cohen

## PHYSICAL

### ***I'm not sleeping well... what can I do about it?***

*Cornell Wellness #sleephygiene series – Part I*

Sleep affects all aspects of our lives. If you are not sleeping well, try tracking your sleep using a [sleep App](#). If the data reveals that you are having a hard time falling asleep, start a pre-sleep wind down routine 30 minutes prior. Are you waking up to go to the bathroom? Reducing fluid intake a few hours before bedtime could help. Additional methods of tracking include movement, sound detection, and optical heart rate.

### [Understanding the Impacts of Sleep and Stress on Health](#) (WCMC)

Sept. 16, 5-6pm via Zoom. In this talk, Dr. Alka Gupta, Medical Director, Integrative Health and Wellbeing Program, will discuss how stress and sleep impact our physical and mental health. She will explain how using simple approaches to address these can improve our health and sense of wellbeing.

### [Spine Time: Why is back pain so complicated?](#) (WCMC)

Sept. 2, 5-5:30pm via Zoom. Hear from the experts at the Weill Cornell Medicine Center for Comprehensive Spine Care about back pain, why it's so complicated, and why it's so important to have a multidisciplinary care team by your side.

### **Schoellkopf Stadium Steps Re-open**

The steps can now be accessed from sunup to sundown seven days/week by employees who have been cleared to work on-campus. Adhere to all social distancing mask wearing guidelines.

### [Cornell Flu Shot Clinics](#)

### [How to Fix Your Annoying Mask](#) (Consumer Reports)

## MENTAL

### [This is Your Brain: Hope for the Lonely](#) (21 min Podcast)

Dr. Richard Friedman, Professor of Clinical Psychiatry at Weill Cornell Medicine, explains how the upheaval of prolonged loneliness can affect the brain and heart, and how loneliness can be more quickly remedied than one would think.

[The Kickback: A Monthly Discussion Space for Black Men & Masculine Folks](#) (Black Emotional and Mental Health Organization). Sept. 3, 7:30-9pm EST via Zoom.

### [Therapy for Black Girls Podcast](#)

Host Dr. Joy Harden Bradford, a licensed Psychologist in Atlanta, Georgia, offers practical tips and strategies to improve mental health, discusses the latest news and trends in mental health, and answers your listener questions.

### [How Meditation Stops Rumination](#)



## WORKING REMOTELY

*If you will be working remotely throughout the fall, it may be helpful to reevaluate your existing set-up, routines, and boundaries. These articles touch on some of the common challenges remote workers face and potential solutions.*

- [The Importance of Rituals and Boundaries When Working From Home](#) (Thrive Global)
- [7 Ways To Beat Burnout When Working From Home](#) (Thrive Global)
- [How to realign a disorganized work-from-home schedule](#) (Fast Company)

## PARENTING

### [Child Care Grant for Cornell Staff & Faculty](#) – *Application period open, deadline Sept. 30*

The grant provides financial assistance to staff and faculty who meet eligibility requirements by reimbursing recipients for child care expenses. In response to both the challenges of COVID-19 and to better meet the needs of working families, the Child Care Grant award determinations have been modified to be flat dollar amount awards, based on household income and age(s) of child(ren). In addition, to better address any uncertainty or changing needs you may have for 2021, there will be a mid-year application period in June 2021. Visit the webpage for grant details and to apply.

### [Cornell Community Chat for Parents: Maximizing Parent Resources](#)

Sept. 3, 9-10am via Zoom. Join an informal discussion about the challenges Cornell families are navigating, sharing ideas and experiences, and learning about resources and approaches for family life.

### [Cornell Preparing for Baby Series](#)

Wednesdays, begins Sept. 16. 5-7pm via Zoom. This series focuses on preparing for birth, postpartum care, and breastfeeding. All Cornellians (faculty, staff, postdocs, and students) and their partners/support persons are welcome to attend, free of charge.

### [What to do when you \(and your kids\) are online at home](#) (Federal Trade Commission)

The start of a new school year is a good time to double-check your online set-up at home, since lots of people might depend on it.

## RELATIONSHIPS & ADULT CAREGIVING

### **Powerful Tools for Caregivers (of Adults) Class** (Tompkins County Office for the Aging)

Thursdays, Sept. 10-Oct. 15, 2-3:30pm via Zoom. A six-week series designed to help you reduce stress, improve confidence, better communicate your feelings, balance your life, and increase your ability to make tough decisions. Call 274-5482 to register.

### [Long-distance relationships are tough. Here's Advice for Making them Work](#) (NPR)

### [Adult Children Often Mourn Parents' Divorce](#) (NextAvenue)

## FINANCIAL

### [Homebuyer Education](#) (Ithaca Neighborhood Housing Services)

Thursdays Oct. 8-29, 6:30-8:30pm via Zoom - \$25. Participants will learn how much money is needed to buy a home, about credit scores, how to get a mortgage, etc. Down payment and closing cost assistance are available to eligible first-time buyers. Service area includes Cayuga, Chemung, Cortland, Schuyler, Seneca, Tioga, and Tompkins Counties.

### [TCAT begins fall service schedule, fare collection to resume](#)

### [How To Spend Less Money, Starting With A Budget](#) (NPR Audio)

## HELPING OTHERS

### [Help Needed for Campus Reactivation](#)

Help our students and employees return safely to campus. Cornell employees can apply in Workday for a variety of gig opportunities.

### **Dictionaries and Thesauruses Needed**

Cayuga Addiction Recovery Services (CARS) is seeking donations of dictionaries and thesauruses. Want to donate? Email Monica at [madelman@carsny.org](mailto:madelman@carsny.org)

### [Historic Ithaca seeking volunteers for city cemetery cleanup](#) (Ithaca Voice)

## LEARNING

### [Community Conversation on Race and Labor in America- Discussion of "13th", the documentary](#)

Sept. 10, 1-2pm via Zoom. Cornell community members are invited to a discussion of Director Ava DuVernay's award-winning documentary, 13th (free streaming on [Netflix](#) and [Youtube](#)). Professor Ifeoma Ajunwa of Cornell University's ILR School/Law School and Professor Michele Bratcher Goodwin of the University of California, Irvine School of Law will lead the discussion.

### [30-Second Privacy Fixes: Simple Ways to Protect Your Data](#) (Consumer Reports)

How to quickly limit location tracking, facial recognition, and smart speaker recordings with your personally owned equipment.

### [The 2020 Presidential Election – an Online Seminar](#) (Cornell Adult University)

Oct. 30-31 and Nov. 7 online. Cornell faculty explore possible outcomes and implications during a multi-day online seminar and post-election briefing.

### [Cornell Cinema – Fall Virtual Schedule](#)

Line-up includes animation, classics, documentaries, environmental films, short film festivals, and world cinema! Some films will feature filmmaker Q&As or faculty introductions. Most films free.

## FOR MANAGERS

### [Cornell Zoom Channel for Managers](#)

A convenient way to informally connect with Cornell's management community. Use it as an instant messenger app to reach the entire group or send messages to one or multiple group members. Members can create subgroups based on projects, interests, etc.

### [For Cornell Managers: Supporting the Caregivers on Your Team](#)

Sept. 3, 1-2pm via Zoom. Learn strategies for evolving how and when work gets done to the betterment of the whole team, and the nuances of various forms of workplace flexibility.

### **About the Wellbeing Update:**

Information provided by Cornell Work/Life, Cornell Wellness, and the Faculty and Staff Assistance Program. Explore [past editions](#) or email [wellbeing@cornell.edu](mailto:wellbeing@cornell.edu) to ask questions, request assistance, or suggest a resource. Visit [HR Resources](#) for more details. Resources shared do not indicate an endorsement by Cornell University.