



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

August 11, 2020 Update - [Past editions](#)

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Care for Your Mental Wellbeing During Work & Family Transitions

As we move through August and September, there will be many challenges and transitions that Cornell faculty, staff, and academics will experience both professionally and personally.

If you are feeling anxious, you are not alone. Anxiety is a normal reaction to a crisis like the pandemic, especially when combined with the other crises our country has been experiencing. Anxiety can cause difficulty focusing, sleep disruptions, stomach issues, irritability, and other symptoms.

We might expect ourselves to feel better or less anxious now that we are nearly six months into the pandemic. These expectations can make it difficult to acknowledge what we're really feeling. Rather than feeling badly about our anxiety or other emotions, it is important to accept them for what they are. Then, own and hone our responses to them and seek support if we need help. There's no "right" way to handle this situation, your way is unique to you. Most individuals find these basic strategies useful.

1. Focus on the things you can control, such as your thoughts and behaviors.
2. Control how often you check the latest news and evaluate news sources carefully.
3. Evaluate your own health behaviors and be a model for others, including colleagues and children.
4. Sleep, eat, drink water, move your body, and practice personal hygiene to the greatest extent possible. Feel proud of what you've accomplished instead of guilty that you have not done enough.



[Apps to Help with Anxiety and Depression](#)

The Anxiety and Depression Association of America evaluated a variety of mental health apps available for download based on ease of use, effectiveness, personalization, and research evidence. Learn more about Anxiety Coach, Breathe2Relax, Happify, Headspace, and others.

[Why Quarantine is Hard for Introverts, Too](#) (Talkspace)

PHYSICAL

Mmm... peaches!

Peach season is quietly getting started at some U-pick farms. Try out these recipes from Cornell Cooperative Extension offices: [Peach Tomato Salsa](#) (New York City) & [Peach Freezer Jam \(Low Sugar\)](#) (Steuben County).

[Travel Safely Guidance: Keep Tompkins Safe](#) (CCE Tompkins)

Tips and resources for all different types of transportation options in the community.

[Aids Ride for Life](#) (Southern Tier Aids Program)

Aug. 12 – Sept. 12. Participants choose their virtual distance and the manner in which they will accomplish it.

Women Thriving Through Exercise: For women 55+ years old or any age cancer survivor

Co-sponsored by Lifelong and the Cancer Resource Center, moderate cardiovascular and strength training exercises will be taught virtually in the comfort of your own home during this 8-week series. Free of charge and participants must be willing to commit to one hour long, weekly classes for 8 sessions. Held virtually on Tuesdays from 4-5pm, beginning Sept. 15. Contact Tammy Dunn at tdunn@tclifelong.org.

[Covid-19: What Seniors Should Know Before Going Ahead With Elective Procedures](#) (Kaiser Health News)

Cornellians “Step Up” During Recent Challenge

The Ivy League Step Challenge ended with Cornell in 1st place for total participant submissions and in 2nd place for total steps, a 6.8 million distance! Way to go, Big Red!

PARENTING/CAREGIVING

Calling Cornell Parents & Caregivers of Adults: Your Feedback Needed!

The Cornell COVID-19 Family Life Working Group was created, with representation from faculty, staff, academics, and students, to better understand the challenges working families are facing and to issue recommendations to university leadership. If you would like to provide feedback and suggestions to the working group, [please do](#) so by Aug. 13.

[CUBS Camp Extended through August 21st](#)

Another week of Cornell CUBS camp, open to children ages 4-14, has been added for the summer. All campers will spend as much of the day outdoors as weather permits. Cornell working families will be given priority.

[Cornell Community Chats for Parents](#)

Aug. 12 - 1:30pm, Aug. 18 - 11am, Aug. 25 - 2pm. Please join us for a series of informal discussions about the challenges Cornell families are navigating, sharing unique ideas and experiences, and learning about resources and approaches for family life and self-care.

[Are you a caregiver to a person with a brain injury?](#) (Brain Injury Association of New York State)

Meet others who have similar experiences while you receive social, educational, and emotional support. This support group meets virtually, every month on the second Tuesday of the month, from 1-2:30pm via Zoom.

CULTURAL

[Immigrants, Health, and the Coronavirus Crisis](#)

Aug. 12, 1-2:00pm. Learn how the coronavirus crisis is affecting immigrants, asylum seekers, and refugees, including new healthcare, public benefits, and detention policies these populations face. Einaudi Center Migrations faculty fellows Steve Yale-Loehr and Gunisha Kaur will discuss Weill Cornell and Cornell University's efforts to assist immigrants through Migrations: A Global Grand Challenge, part of Global Cornell.

OCCUPATIONAL

[Cornell Employee Assembly - Staff Forum: Working Remotely](#)

Aug. 12, 12:15pm. Join Mary Opperman, Vice President and Chief Human Resources Officer and panelists for a discussion about the status and future of remote work.

[Getting Started with Poll Everywhere](#)

Aug. 14, 10-11am. Learn how to use Poll Everywhere, Cornell's new polling tool available for free to all instructors, support staff, and students.

ENVIRONMENTAL

[Lab of O Merlin Bird ID: Tips, Tricks, and Updates](#)

Aug. 11, 12:00pm. Do you use our Merlin Bird ID app to identify birds? Let us show you some powerful hidden features that will make Merlin even more useful

[Garden Insect ID & Organic Controls](#)

Aug. 12, 6:30-8:30pm. What's eating your vegetable plants? Learning to identify the beneficial and detrimental insects and pests in your garden will help reduce insect damage to your vegetables, fruits, and flowers.

[Receive seeds in the mail unexpectedly?](#)

Recently people across the U.S. have received unexpected packages of seeds from China in the mail. Do not open, handle or plant the seeds. The USDA and NYS Dept. of Agriculture and Markets are asking New Yorkers to mail the seeds, original packaging, their contact information, and any additional relevant details (see link).

HELPING OTHERS

St. John's Community Services – Ithaca emergency shelter in need of towels

New or gently used towels and washcloths needed for shelter and community clients using the Friendship Center shower. Toiletries and cleaning supplies also needed, especially regular sized containers for homeless clients moving into permanent housing. Donations welcome anytime at the shelter at 618 W MLK/State St. Contact: Kate Laux, Case Manager and Art Options Coordinator, Ithaca NY, O: 607.354.8990.

[Mutual Aid Tompkins: Neighbors Supporting Neighbors](#)

Have you wondered about the blue cabinets that have appeared around Tompkins County, but are not sure what they are or how to donate? Check out the Tompkins County Food Sharing Cabinets directory. The 45+ cabinets are stocked with food, household items, and personal care supplies thanks to the generosity of others.

New York City-based Volunteers: Check out [NewYorkCares.org](https://www.newyorkcares.org) and [VolunteerMatch.com](https://www.volunteermatch.com) for current needs and opportunities.

FOR MANAGERS

[Cornell Manager Chats](#)

Aug. 13, 11am-12pm, Sept. 16, 9-10am. Informal, facilitated chats with managers across the university. Ask questions, network, share tools and strategies.

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 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.