Dec. 20, 2021 Update - Past editions

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PHYSICAL

Discounted Day/Guest Gym Passes with Cornell ID
From Dec. 20, 2021 – Jan. 24, 2022, Cornell employees, retirees, and graduate students can use their Cornell ID at the Ithaca YMCA and receive a special rate of $10/day. Cornell employees and graduate students can get day/guest passes at Island Health and Fitness for $6 (normally $12) through Jan. 23 with Cornell ID. The Community Corners Location re-opens Jan. 1.

New Year, New You: Add Health to Your Lifestyle for 2022 (AARP)
Dec. 27, 1pm. AARP NY teams up with experts from Rochester Lifestyle Medicine Institute to offer no-cost lifestyle strategies for a healthier you! Join this 90-minute Zoom webinar covering evidence-based suggestions supporting a healthier lifestyle.

First Day Hike
As part of your holiday plans, be sure to join in a First Day Hike on Jan. 1, 2022, to celebrate the New Year in the outdoors of New York. Join friends at one of the more than 80 hikes being held at state parks, historic sites, wildlife areas, trails, and public lands across the Empire State.

Stretch It Out: A Two-Week Wellness Experience
Starts Jan. 3. Hoping to feel a little more “limber” in the new year? Come along with Cornell Wellness to work on flexibility and mobility. This is a two-week virtual experience where you get to do the work on your own time and location that is comfortable to you.

12 Ways to Have a Healthy Holiday Season (CDC)
Brighten the holidays by making your health and safety a priority. Take steps to keep healthy—and ready to enjoy the holidays. You can also hear these tips in a brief podcast.

MENTAL

NEW: Cornell Fertility Support Group
Meets second Tues. of the month from 4-5pm via Zoom beginning Jan. 10. Join us on this journey of discovery, knowledge, joy, and loss, and connect with colleagues and friends who are living a
similar experience. Please be advised that this is a peer-led support group, and although we will share and connect you with professional resources, our leaders and volunteers are not trained medical or mental health professionals.

**The cure for burnout (hint: it isn't self-care) (TED)**
Video: You may be experiencing burnout and not even know it, say authors Emily and Amelia Nagoski. In a deeply relatable conversation, they detail three telltale signs that stress is getting the best of you -- and share actionable ways to feel safe in your own body when you’re burning out.

**Be Intentional About How You Spend Your Time Off** (Harvard Business Review)
A common suggestion for preventing burnout is to take regular breaks away from work. But what should those breaks look like if we want to maximize rejuvenation and protect our wellbeing?

**RELATIONSHIPS**

**The Great Reset: Simple Strategies for Taking Charge and Feeling Better as a Working Parent in 2022** (Care.com)
Jan. 11, 12pm. Top executive coach and working parenthood expert Daisy Dowling will cover the steps you can take to achieve greater success and satisfaction as a working parent or caregiver in 2022 and beyond. She’ll share easy-to-use routines and strategies that will let you take charge of your career, stay truly connected with your family, tame that endless to-do list - and feel like yourself again.

**Three Steps to Banishing Holiday Guilt** (Happify)
The world is back to running faster than ever, almost as though trying to make up for lost time or less fun. And those of us who enjoyed the break from expectations are feeling pressured, if not by others, by our consciences.

**CULTURAL**

**“Black Men in White Coats” Panel Discussion**
Dec. 22, 6pm. This documentary dissects the systemic barriers preventing black men from becoming medical doctors and the consequences on society at large. Hosted by the Cornell Office of Multicultural Student Leadership and Empowerment and Weil Cornell Medicine.

**3 ways to honor (and pass on) traditions through food** (NPR)
Food is more than just fuel. Food is a connection to the stories of our ancestors, and the stories of our descendants.

**What Multicultural Families Can Teach Kids About Character** (Greater Good)
There are more multiethnic and multi-faith families than ever. A new study reveals how their values and traditions are coming together.
FINANCIAL

How to balance debt, saving, and investing (Fidelity)
Like many people, you may have a variety of debt. And like many people, you may be working to pay off your balances while also trying to build up some savings for a rainy day (not to mention retirement). This step-by-step guide can help you decide what to tackle first.

2022 Estate Planning Practicum
Cornell Law School is offering an Estate Planning Practicum in the Spring of 2022. The course will assist those who do not have access to an estate planning attorney and will provide clients with a basic estate plan. If you are interested, please email clinicalprograms@cornell.edu and put Estate Planning in the subject line.

OCCUPATIONAL

Staff Award for Integrity and Inclusion
The call for nominees is open and the selection committee is accepting nominations through Jan. 7, 2022. The Award for Staff Integrity and Inclusion will be given to an employee who consistently demonstrates their commitment to encouraging and supporting staff integrity and inclusion. Award recipients will be recognized at an EA recognition event and will receive a monetary award funded through the Office of the President.

ENVIRONMENTAL

Food Scraps Recycling (Recycle Tompkins)
With all the holiday meals this season, you may have food scraps. Rather than toss them, drop them off at one of fourteen food scraps recycling drop spots in Tompkins County to be turned into compost. Also, if your local municipality does not collect Christmas trees, Recycle Tompkins accepts those too.

HELP OTHERS

Recycle Your Cans and Bottles for the CARE Fund
The Employee Emergency CARE Fund offers grants of between $200-$1,500 to employees who have experienced a sudden financial hardship. It is funded entirely by donations from staff, faculty, and other supporters. Donate your recyclable bottles and cans on campus or through IthaCan & Bottle Return or Lansing Bottle & Can and ask the proceeds go to the CARE Fund.

Loaves & Fishes of Tompkins County
Provides a place for free meals, hospitality, companionship, and advocacy for those in need, regardless of their faith, beliefs, or circumstances. Donations are being accepted for new, adult-size hats and gloves and home-baked cookies and treats.

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 or suggest a resource. Published roughly every other week. Information shared does not indicate Cornell endorsement.