Dec. 7, 2021 Update - Past editions

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PHYSICAL

FREE access to Cornell Fitness Centers Dec. 6-22 (no membership needed)
Must have valid Cornell ID, be approved to be on campus using Daily Check, and sign a waiver upon check-in. Check out the updated hours before you go!

My COVID-19 Story with Cornell Employees

Tips for Hosting Hybrid Work Gatherings
After nearly two years of avoiding large gatherings, some Cornell groups would like to hold them again. While we have adapted to many hybrid situations, arranging and running a larger hybrid event requires careful planning. Check out this Cornell tip sheet for suggestions.

COVID and holidays: How to stay safe if you're gathering as a family to celebrate (Care.com)
Whether your family includes partially vaccinated kids or vulnerable older adults and young children, experts offer planning tips.

MENTAL

Lights on the Lake (Onondaga County Parks)
Enjoy the beauty of the holiday season. Nightly through Jan. 14, 2022. Lights on the Lake is a two-mile-long drive-thru show along Onondaga Lake featuring towering holiday displays, larger-than-life Land of Oz, a twinkling fantasy forest, colorful section arches, memorable animated scenes, and a fairy tale magic grand finale!

What Can We Learn About Stress from Birds?
Stress is a common part of modern life, and everyone has experienced its negative effects. Many people even suffer health impacts from chronic stress. So why do we stress out when facing challenges? Learn from the Cornell Lab of Ornithology Bird Academy.
How are you feeling right now? (CDC)
Gauge and understand the emotions you are feeling using this tool designed to promote and strengthen the emotional wellbeing of people affected by COVID-19. A variety of evidence-based resources connected to unique emotions and related situations are provided.

Five Ways Nostalgia Can Improve Your Wellbeing (Greater Good Berkeley)
Some recent studies suggest that experiencing nostalgia about our past can make us happier and more resilient during times of stress.

ENVIRONMENTAL

Wellbeing@Work Interview Series: Environmental Wellbeing
Videos: What does it mean to be well in the environmental dimension of wellbeing? Sarah Bryslinsky, the Assistant Director of Cornell’s Sustainability Office, explains her definition of what it means to be well in this area and how to approach it as a spectrum instead of a black and white topic.

Energy Smackdown
Reduce your energy footprint and compete against other members of the Cornell community in this annual competition to reduce energy waste and our campus carbon footprint. Everyone can participate, and every action makes a difference! Competition runs through Dec. 23rd.

Local U-Cut Tree Farms
Check out this updated list of local pre-cut and U-cut Christmas tree farms, including farms with special holiday events your family will enjoy. Also find tips from the Christmas Tree Farmers Association of New York that will help your fresh-cut, locally grown tree look good throughout the holidays.

Green Holiday Gifts Ideas for Kids (Earth911)
Americans create 25% more waste during the holidays. That includes packaging materials, shipping boxes, wrapping paper, and more. What to do when you still want to give gifts but also want to reduce your carbon footprint?

RELATIONSHIPS

No Sleep, No Social Life, No Self-Care = The Cost of Caregiving. How You Can Lighten the Load (Care.com)
Dec. 8, 12pm. That constant pressure you feel but can’t quite name? For almost half of us, it’s the intensity of caring for a loved one. Alexandra Drane, CEO and Co-founder of ARCHANGELS, dives into the data on how caregiving is the job many of us don’t even realize we have, its impact on our work, relationships, and health, and the surprising solutions that help.

6 Stress-Busting Tips to Keep Your Holidays Happy (Happify)
The holiday season may be wonderful, but it can also be the most stressful time of the year. To make sure you’re enjoying real moments of happiness in the weeks to come, take steps to be proactive about managing your stress to avoid exhaustion, frustration, and disappointment.
**Coping with the Holidays** (Hospicare of Ithaca)
Dec. 8, 5:30pm. Holiday time can be especially difficult after the death of a loved one. Learn about ways to take care of yourself and honor your feelings as we head into the holiday season.

**64 Tips for Coping with Grief at the Holidays** (What’s Your Grief)
For those grieving the death of a loved one, the time between Halloween and Christmas can be especially challenging. This article provides helpful tips for managing grief during the holidays.

**Are you a caregiver (of a child or an adult) who lives in the City of Ithaca?**
The Ithaca Guaranteed Income for Caregivers Pilot Program will provide $450/month for one year to 110 randomly selected applicants who meet eligibility criteria. Sign-up to get notified when the official application is available.

**CULTURAL**

**Book Talk: Lamentations “A Novel of Women Walking West”**
Dec. 14, 2pm. Carol Kammen provides an interpretation of the women’s thoughts and feelings as events played out in and around the wagons heading west.

**Dorothy Cotton Jubilee Singers Concert: A Renewed America** (Ithaca College)
Dec. 19, 3pm. Honoring US Congressman John Lewis, this concert will feature Ithaca College professor of voice, baritone, Sidney Outlaw along with a preview of songs from the Dorothy Cotton Jubilee Singers’ upcoming Carnegie Hall concert in March.

**How to teach kids about the diverse winter holidays** (Care.com)
Teaching your children about how different cultures and religions celebrate these holidays can do wonders for their ability to respect other cultures and expand their worldview.

**OCCUPATIONAL**

**Skillsoft has a new website**
Skillsoft, one of Cornell’s training vendors, launched a new website for Cornell users. It is designed to make learning easier, more accessible, and more effective. It offers innovative features, content, and courses to enable an immersive, personalized learning experience.

**Leveraging Your Transferable Skills to Drive Your Career** (LinkedIn Learning – 20min)
Have you ever looked at a job posting and talked yourself out of applying because you didn’t meet the minimum requirements or have relevant experience? Learn why taking yourself out of the running for a new opportunity because you feel you’re not qualified (on paper, at least) is a mistake.

**HELP OTHERS**

**Give to the Cornell United Way Campaign**
Please visit the Cornell United Way e-Pledge portal and click at the top on *Give*, or visit [www.uwtc.org/give](http://www.uwtc.org/give) to donate today.
Support Current Veterans and Military Affiliated Students at Cornell
The Cornell Military Network recently launched a crowdfunding opportunity, the Veteran Outdoor Program -- an opportunity to support our veteran and military affiliated student population in their transition to campus life by offering experiences through pre-orientation trips and programming.

Bike Gear Swap/Donate (Bike Walk Tompkins)
Bike Walk Tompkins is hosting two swap sessions outside at Press Bay Court on Mon. Dec. 6 from 5-7pm and Thurs., Dec. 9 from 12-2pm. Tables and tents will be set up to buy, sell, donate, and swap biking clothing and equipment. Email hello@bikewalktompkins.org with any questions.

Ugly Sweater Party and Toy Drive (Tompkins Connect)
Dec. 16, 6pm. Ring in the holiday season at Ithaca Beer Co. for Tompkins Connect's signature Ugly Sweater Party and GIAC Toy Drive for children ages 5-7 (do not wrap gifts).

FINANCIAL

Are you a caregiver (of a child or an adult) who lives in the City of Ithaca?
The Ithaca Guaranteed Income for Caregivers Pilot Program will provide $450/month for one year to 110 randomly selected applicants who meet eligibility criteria. Sign-up to get notified when the official application is available.

Holiday hours for the Cornell Food Pantry
The Cornell Food Pantry hours beginning Dec. 8 will be Tuesdays and Thursdays 4-7pm and Wednesdays and Fridays 10am-1pm, with no Sunday hours until late January. Closed Dec. 24-Jan 5.

How to Find Credit Counseling You Can Trust (AARP)
A credit counselor can help you work on a budget, learn about lenders’ hardship programs, or enroll in a debt management program that reduces your payments and interest rates.

FOR MANAGERS

Tips for Hosting Cornell Hybrid Work Gatherings

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.