



EMPLOYEE WELLBEING at CORNELL

Oct. 12, 2020 Update - [Past editions](#)

The update will be published every other week through the 2020-2021 academic year.

CORNELL STANDS AGAINST DOMESTIC VIOLENCE

The number of calls to domestic violence hotlines has increased since the start of the pandemic - 76% in New York State and 50% in Tompkins County compared to last year.

To help raise awareness of this important issue and resources that are available to help, Cornell is recognizing [Domestic Violence Awareness Month \(DVAM\)](#) by participating in New York State's "Go Purple Day" on Thurs., Oct. 22. All employees are invited to show support!



- **Wear purple** on Thursday, October 22
- **Download** the [Zoom background](#) for DVAM and use it throughout the month
- **Give** to the Cornell [Employee Emergency CARE Fund](#) which offers financial support to employees in crisis, including domestic violence situations
- **Bookmark** [Cornell's Domestic Violence Resource Page](#) – managers: check out [Cornell's Guide to Domestic Violence at the Workplace](#)
- **Attend** an upcoming [community event](#)

Concerned about someone? Be an ally by listening without judgment, asking what the person needs and how you can help, sharing resources, and letting the person drive the decision making.

Need help? Call the Tompkins County hotline at 607-277-5000, New York State hotline at 800-942-6906, text 844-997-2121, or chat privately with an advocate at opdv.ny.gov.

Questions about DVAM? Contact Work/Life in Human Resources at worklife@cornell.edu.

MENTAL

[For Our Current Times: Navigating Election Anxiety](#)

Oct. 23, 1-2pm. A highly contentious and heated presidential election is quickly approaching, and people across the nation are feeling out of control and concerned about the outcome. Join Casey

Benson, Cornell Faculty and Staff Assistance Program counselor, for a presentation about election anxiety and ways to prepare, manage, and cope during this uniquely stressful time.

Other Resources for Election Anxiety:

- [Election Sanity Podcast Series](#) (Ten Percent Happier)
- [Fake News, Alternative Facts, and Misinformation: Learning How to Critically Evaluate Media Sources](#) (Cornell Libraries) Oct. 14, 4-5pm.

[Thriving in Isolation: Health and Human Connection](#) (eCornell)

Oct. 23, 1pm. The pandemic has created a “new normal” of remote living, with many of us forced to shift from in-person interactions to online and virtual experiences. This change has provoked heightened feelings of loneliness, disengagement, and social isolation – challenges that disproportionately affect vulnerable and marginalized communities. We can still create equitable and inclusive spaces, both at work and at home, through thoughtfulness and intentional action.

Mental Wellness programs via Zoom from Cornell Wellness

- [Meditation: Removing Obstacles](#) - Oct. 15, 1-2pm
- [Meditation: Learning To Slow The Mind](#) - Oct. 20, 3-3:45pm
- [Guided Progressive Relaxation](#) - Oct. 22, 11-11:30am

[Pregnancy and Infant Loss Remembrance Day – Ithaca Memorial Service & Virtual Luminary Walk](#)

Oct. 15, 7-8:30pm. October is also National Pregnancy & Infant Loss Awareness Month. This virtual event will honor of bereaved families, their loved ones and community members whose lives have been touched by childbearing loss. Organized by the Ithaca Childbearing Loss Network.

[Programs from the Black Emotional and Mental Health Collective](#)

- Decompress Writing Workshop for Wellness - Occurs every 2nd Tuesday. Oct. 13, 7-9pm.
- Heart Space: A Virtual, Black Only Peer Support Space for Mental Health & Wellness - Every 2nd and 4th Wednesdays. Oct. 14 and 28, 7-8:30pm.



[Dreading a dark winter lockdown? Think like a Norwegian](#) (The Guardian)

PHYSICAL

I'm Not Sleeping Well... What Can I do About It?

Part 3 of the Cornell Wellness #sleephygiene series

Do you drink beverages close to your desired sleep time? Water, coffee, and alcohol can all have negative effects on sleep.

- **Water:** You may be able to fall asleep if you consume water right before you go to bed, but chances are, your sleep will be disrupted by the need to visit the bathroom.
- **Coffee:** For many, drinking a cup of joe before bed will not only make it difficult to fall asleep due to the caffeine, but will also lead to waking up during the night having to go to the bathroom. [Caffeine's affect](#) is felt in as little as 15 minutes and still is in your system hours later.
- **Alcohol:** Although some report alcohol calming them so they can fall asleep, quality of sleep is negatively affected by increased alcohol consumption, specifically [restorative REM cycle](#).

Bottom line - if you're not sleeping well, take notice of what, when, and how much you're drinking before bedtime and try making some adjustments to see if they help.

Weill Cornell Medicine - Education Events

- [World Thrombosis Day Webinar about Clotting & COVID-19](#) - Oct. 13, 6pm via Zoom.
- [Maternal Health: What You Need to Know Before, During & After the Pregnancy](#) - Oct. 13, 6:30-8:30pm via Zoom.
- [Breast Cancer Survivorship: The Role of Vitamins and Supplements](#) - Oct. 14, 5-6pm via Zoom.

FALL FUN

[Cornell Halloween Happenings 2020 Photo Contest](#)

Categories for costumes, carvings, and pets! Awards for funniest, scariest, and most original! Submit photos now until Oct. 23.

[Haunted October: From the History Center in Tompkins County](#)

Oct. 16, 17, 22, 23, 24, 29, and 30. Join Heritage Ambassador Sherri La Torre for a haunted exploration of murder, jealousy, insanity, and ghostly accidents told by the ghosts themselves. Ages 16 to 116.

[New York Fall Foliage Report](#)

The beauty of fall in New York is here - head out for a walk, run, hike, roll, or drive to savor the colors!



FINANCIAL

[COVID-19 Rental Assistance Program](#) (Ithaca Neighborhood Housing Services)

Have you experienced a loss of income and are unable to pay rent? This assistance is available to renters who meet [income limits](#) in Schuyler, Seneca, Tioga, and Tompkins Counties.

[Cornell Store Back to School Technology Sale](#)

Buy a Mac or an iPad with education pricing and get a free set of AirPods. Cornell employees may use the payroll deduction payment plan (24 or 26 pay periods) for purchasing. [Terms of this program](#).

ENVIRONMENTAL

[Winterizing Your Garden](#) (CCE Tompkins)

Oct. 13, 6:30-8:30pm via Zoom. Learn how to "put your garden to bed" for the winter.

[Houseplant Propagation and Care](#) (CCE Tompkins)

Oct. 20, 6:30-8:30pm via Zoom. Learn techniques for growing houseplants and succulents organically.

OCCUPATIONAL

[Supercharge Your LinkedIn Presence: Find Your Dream Job and Build Your Network](#) (eCornell)

Oct. 16, 11am. How do you build a profile that stands out, and how can you utilize LinkedIn — and its 750 million members — to advance your career? From supercharging your profile to navigating your

feed and publishing eye-catching content, this seminar will help you harness the power of the world's only professional network.

PARENTING

[Teens, COVID, and Coping](#) (Wellbeings.org with PBS NewsHour)

Oct. 20, 8pm – virtual. The COVID-19 pandemic has upended the lives of America's young people, who now face uncertainty in almost every aspect of life and the constant stress of social isolation. Learn to address the most pressing mental health issues youth are struggling with right now.

[Supporting Kids Who Learn Differently](#) (Care@Work by Care.com)

Oct. 22, 12-1pm. School always presents challenges for students who learn and think differently, but the COVID-19 pandemic has brought more obstacles for these children, as well as parents. Learn to prioritize and plan in this new school landscape.

ADULT CAREGIVING

[Caregiver Support and Educational Network \(CSEN\) Meeting](#)

Oct. 22, 12-1pm via Zoom. Are you providing care for an adult family member, spouse, or friend, either locally or long distance? If so, join us to discuss challenges, learn strategies, and offer support.

[United State Eldercare Locator](#) (U.S. Administration on Aging)

Connects older Americans and their caregivers with trustworthy local support resources to help with meals, home care, transportation, training and education, and respite care.

FOR MANAGERS

[Video: Workplace Flexibility at Cornell During COVID-19 – Basics for Managers](#) (8 minutes)

Learn about commonly requested forms of flexibility and management strategies for supporting both employee wellbeing and maximizing productivity.

[How managers can help employees handle loneliness and isolation](#) (Forbes)

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.