



# EMPLOYEE WELLBEING at CORNELL

Oct. 26, 2020 Update - [Past editions](#)

## ELECTION SEASON SELF-CARE

As we move further into the election, some Cornellians are experiencing heightened anxiety. Symptoms of anxiety can include irritability, difficulty sleeping, impaired concentration, restlessness, and excessive worry.



In a recent [presentation about election anxiety](#), Casey Benson, [Cornell Faculty and Staff Assistance Program](#) counselor, reminded attendees that anxiety is normal, especially right now. Casey shared the importance of making a plan to vote (taking action) and offered strategies for self-care and creating boundaries. While the strategies may seem obvious, it is common to stop doing these things when you feel anxious or depressed. Consider making small tweaks to help your mind and body get through this challenging time.

1. Determine what is in your control, in your influence, and outside your influence. Concentrate your energy on what is in your control and influence.
2. Engage in meaningful activity such as values-based living, donating, volunteering, and being politically active at the local level.
3. Monitor news watching and social media participation. By watching, reading, and/or engaging, are you accomplishing something or is it fueling your anxiety?
4. Connect socially (and safely) with those you care about and who care about you.
5. Move your body regularly – activity is an important part of mental health care.
6. Seek [professional help](#) if your anxiety is interfering with your everyday life.

### Voting Information:

- [Tompkins County Voting & Other NYS County Voting](#)
- [Cornell Time Away From Work for Voting Policy](#)

### [Cornell Wellness Election Week Workshops](#)

Daily events including mindfulness meditation and de-stress stretching workshops to help you cope with physical, mental, and emotional strain during the first week of November.

### [Dear Hope](#) (Hangar Theatre)

Nov. 1, 7:30pm. On her way to the Women's March in DC, Hope meets Jim, a conservative attending the Presidential Inauguration. Dear Hope is the story of two people from opposite sides of the political spectrum who will stop at nothing to find common ground.

### [Podcast: Talking to Kids About Politics](#) (Care.com)

Dr. Christia Spears Brown, a professor of Developmental Psychology and director of the Center for Equality and Social Justice at the University of Kentucky, shares how to talk to your kids about politics, partisanship, and elections — in language they will understand.

## MENTAL

### [Check in on Others When You're Physically Apart](#) (Thrive)

Designate a “need a boost” emoji among your group of friends - a quick symbol for help. “When someone is struggling, we send the emoji to our group, and everyone sends love and support. It’s helped us learn to ask for help when we don’t want to talk about it.”



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

(eCornell recording)

**NYC-based Cornellians:** Care for your mental health by getting [outdoors for fall activities](#)

## PHYSICAL

### [Cornell Employees Working Remotely - Ergonomics Tip](#)

[Video: Seating](#) (5 min)

Todd Baker, Principle of Empowerment Ergonomics and Lead Ergonomics Consultant for the [Cornell Musculoskeletal Injury Prevention Program \(MIPP\)](#), provides some insight on ways to improve the ergonomics of your seating while working from home. Request a [Virtual Ergonomic Consultation](#).



### [Cornell Virtual Commuter Challenge](#)

Oct. 26-30. Join Cornell Wellness for a week-long event to challenge yourself to move more in your day and re-establish some boundaries between work-life and life-life. It’s ok to sign-up on/after Oct. 26!

### **I'm Not Sleeping Well... What Can I do About It? | Part 4 of the Cornell Wellness #sleephygiene series**

Establishing a pre-sleep routine could be just what you need. Pre-sleep routines can be long or short and can be as simple as doing one thing before bed. Start doing one thing that you find relaxing 30 minutes before you want to fall asleep. Read a book, follow along to a guided meditation, or listen to music. Whatever it is, intentionally choose something that is calming to you. Being consistent is important, so whatever you choose, try it for more than just one night to see if it makes a difference.

## FINANCIAL

### [Cornell Open Enrollment starts less than two weeks from now!](#)

Please read the email sent to employees on Fri., Oct. 23 for details. This is the only time many changes can be made, unless you experience a [qualifying life event](#) (such as marriage, divorce, adoption, etc.).

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

Mondays, Nov. 2, 9, 16, 23, 6:30-8:30pm. \$25. Learn how much money you need to buy a home and much more! Covers Cayuga, Chemung, Cortland, Schuyler, Seneca, Tioga, Tompkins Counties.

[FAFSA Application Is Open: Here's How to Fill It Out](#) (NPR)

Check out this article if you have a high school senior or an older child going to college Fall 2021.

## CULTURAL

[Undocu-Ally Training](#) (Cornell Inclusive Excellence Academy)

Nov. 16, 3-4:30pm. Learn how to be inclusive and supportive of immigrants, including undocumented individuals, those with tenuous immigration status, and those from mixed-status families.

[American Indian and Alaska Native Heritage Month](#) (Cornell Inclusive Excellence Academy)

Nov. 11, 12-1pm. Learn about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.



[Virtual Vibrance: Making, Shaking, Breaking Performance](#) (Dept. of Performing and Media Arts)

Oct. 30–31. Three collaboratively crafted performances led by undergraduate women artists of color titled “Virtual Vibrance: Making, Shaking, Breaking Performance.”

## ENVIRONMENTAL

[Friends of the Tompkins County Library Book Sale](#)

Oct. 31-Nov. 3 (last weekend). Limited occupancy, masks and social distancing required. Check out the outdoor line in advance online!

[Living the Green Life: Time to Weatherproof](#) (NYS Dept. of Environmental Conservation)

[How to Have a Sustainable Holiday Season](#) (NYS Dept. of Environmental Conservation)

## OCCUPATIONAL

[Cornell Classes through the School of Continuing Education](#)

Classes run January 4–23. Choose from online courses in anthropology, biology, business, communications, design, health care, psychology, and more. Open to all, including high schoolers.

## PARENTING

[NewYork-Presbyterian Youth Anxiety Center Programs](#)

Next program: Staying Connected Socially during Remote Learning (Oct. 28, 7pm)

[Parenting and Well-Being Among African American Fathers: Setting a Translational Research Agenda](#)

Oct. 29, 12-1pm. Dr. Shauna Cooper’s talk will examine how African American men’s social and racial experiences are related to their parenting ideologies, identities and engagement.

### [“Sharenting”: Protecting your kids’ privacy in our digital world](#) (Care.com)

Nov. 12, 12-1pm. This holiday season, digital technology will take center stage in how we connect and celebrate with our families and friends. Learn all of the ways that everyday tech choices by parents, grandparents, and other trusted adults impact our kids' privacy and their opportunities.

### [How Parents Can Support Kids With Special Needs During Distance Learning](#) (Greater Good Berkeley)

## ADULT CAREGIVING

### [Instacart - Dedicated Support Services for Seniors](#)

Available to help customers who are 60+ use online grocery delivery. Call the Senior Support Service 1-844-981-3433. Support specialists will help customers set up an account and learn the platform.

## HELPING OTHERS



### [Cornell United Way drive kicks off; needs greater due to virus](#) (Cornell Chronicle)

Due to the pandemic, there has been a 128% increase in the amount of food being requested from local pantries and a 345% increase in requests for baby supplies including formula. Interested in volunteering? Contact Susan Riley, deputy director, Cornell Community Relations at [sfr4@cornell.edu](mailto:sfr4@cornell.edu).

## FOR MANAGERS

### [Tips for Managers: Handling Politics and the Pandemic in the Workplace](#) (Society of HR Management)

As a manager, remind members of your team of the importance of mutual respect. Discuss how you will respect and support each other through this emotionally charged election season (such as having agreed upon workplace boundaries).

### [Planning for Religious Holidays, Observances, and Accommodations](#)

To create and maintain an inclusive and respectful workplace for all employees regardless of religious belief or non-belief, all employees are asked to keep these guidelines and best practices in mind.

#### **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. Published roughly every other week. Visit [HR Resources](#) for more details. Information shared does not indicate Cornell endorsement.