



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

Sept. 14, 2020 Update - [Past editions](#)

Content Warning: This update includes information about National Suicide Prevention Month and resources that are available.

MENTAL

Blog: Resilience During COVID – by Ruth Merle-Doyle, Cornell Wellness

“My mom had embraced the term “pull yourself up by your bootstraps” in many aspects of her life, even when her life was most challenging, and she was fighting pancreatic cancer. She forged ahead in ways that I could not understand, and it worked for her. I have discovered, however, that it does not work for me, and at times, makes me question my own resilience. As Cornell Wellness embarks on a fall semester of assisting the Cornell community in building resilience...” [continue reading](#)

[Let's Meditate](#)

Thursdays, Sept. 17-Nov. 19, 9-9:30am via Zoom. Sit with your eyes closed in a comfortable space while you are led through a meditation designed to enhance your mindfulness.

[Guided Progressive Relaxation Session](#)

Sept. 17, 11-11:30am via Zoom. Feel tension leaving your muscles as you are guided through a 30-minute progressive muscle relaxation session.

[Coping with Grief During COVID - Tools for Uncertain Times](#) (Hospicare)

Sept. 22, 12-1pm via Zoom. We grieve the loss of independence, social connections, activities and our regular routine. In addition, the pandemic has complicated the way we grieve death. Learn how to cope.

[Practicing Presence While Black: Tips & Tools to Manage Anxiety](#) (Black Emotional and Mental Health Collective)

BEAM Senior Mental Health Advisor Dr. Dionne Bates and Executive Director Yolo Akili Robinson discuss anxiety in the Black community and explore tips, tools, and strategies for self-care in this recorded program.

[How to Avoid Toxic Positivity \(And Handle It When It Comes Your Way\)](#) by Dr. Elizabeth Yuko, bioethicist and adjunct professor of ethics at Fordham University

September is National Suicide Prevention Month

If you or someone you know is having suicidal thoughts, reach out for help. The National Suicide Prevention Lifeline is open 24 hours a day at 800-273-TALK (8255). Or, text "NAMI" to 741741. Additional resources are provided below.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Every year thousands of individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. If you need help coping with this loss, reach out to for help.



[Suicide Prevention and Crisis Services of Ithaca](#)

Provides help to those who are thinking about suicide, grieving, traumatized, depressed, and/or worried about someone else through crisis response and special support networks. Call the 24/7 crisis line at 607-272-1616 or to learn more about support groups, email postvention@ithacacrisis.org.

[Cornell Faculty and Staff Assistance Program \(FSAP\)](#)

FSAP's professional staff provide free and confidential guidance and support to benefits-eligible employees and their partners to address issues that may be affecting their personal lives and/or job satisfaction or performance. Call 255-2673.

eni Confidential Counseling Services

Provides services at no cost for up to 3 visits to Cornell employees. Available 24/7 for any issue. eni locates the most appropriate counselor for your needs and level of comfort in coordination with your health plan. Call 1-800-327-2255.

Additional resources

[Notice & Respond: Assisting Students in Distress Fall 2020 Edition](#)

This 30-minute online program was designed for Cornell faculty and staff specifically for the realities of living during the COVID-19 pandemic. Signs of distress and response options are covered.

[U.S. Department of Veterans Affairs: Suicide Prevention Information](#)

PHYSICAL

[Cornell Walk to Run Virtual Class](#)

Tuesdays, Sept. 15 through Oct. 27 at 11:30am. Geared toward those looking to transition from walking to running or to add a new activity that boosts cardiovascular fitness. The class will meet every Tues. for running guidance, suggestions, and pro tips.

Cornell Cholesterol Education Campaign

Sept. 14-25. Learn about the difference between LDL vs. HDL and what populations might be more at risk. View [short informational videos](#) at the Wellness Facebook page, participate in [virtual cholesterol jeopardy game](#) (Sept. 18, 12-1pm), and participate in a [community chat](#) (Sept. 25, 12-1pm) where we will provide techniques to keep yourself healthy.

[U-Pick Apple Farms](#) in Tompkins, Cayuga, and Schuyler Counties

[Creative Ways to Get More Out of Your Daily Walks](#) (Thrive)

ANTI-RACISM

[Racism in America: Policing and Incarceration](#)

Sept. 16, 7pm via Zoom. Learn how racism came to be so enmeshed in policing and incarceration and why efforts aimed at ameliorating its impact so often fail. Panelists will discuss what is meant by prison abolition, police defunding, why racism matters, and possible ways for the country to move forward.

[Cornell Recreational Services Listening Forum](#)

Sept. 17, 4-5pm via Zoom. You are invited to this forum to help our team gain a better understanding of how to direct our anti-racism conversations and actions related to our policies, facilities, programs, and services. Forum attendees will be invited to share experiences and thoughts to assist us in taking steps to provide a welcoming, inclusive environment where all of our members feel they belong.

PARENTING

[Tutoring for K-12 School age Children by Cornell Students](#)

Student Agencies Tutoring (SAT) is student-run and composed of/managed by Cornell students. They offer educational support in K-12 learning and standardized test and college application preparation. SAT is extending a 20% discount on any of their packages to Cornell-affiliated families during COVID-19.

[Cornell Preparing for Baby Series](#)

Wednesdays, begins Sept. 16. 5-7pm via Zoom. This series focuses on preparing for birth, postpartum care, and breastfeeding. All Cornellians and their partners/support persons are welcome to attend.

[Making Distance Learning Work](#) (Care.com)

Sept. 15, 12-1pm. Devorah Heitner, PhD, an expert on young people's relationship with digital media and technology, will share practical advice for how to help kids succeed in the new digital classroom.

ADULT CAREGIVING

[Powers of Attorney Presentation](#) (Tompkins County Office for the Aging)

Sept. 22, 10-11am via Zoom. Learn about the importance of Powers of Attorney, pitfalls to avoid, and how to help remove uncertainty and stress.

[Prepare to Care: A Caregiving Planning Guide for Families](#) (AARP)

A lot of uncertainty can be avoided if you talk with your loved one before something happens. This guide provides strategies for initiating sensitive discussions with family members and other aspects of caregiving.

ENVIRONMENTAL

[Master Gardeners Bulb Sale](#) (CCE Tompkins)

Now is the time to order bulbs to plant in Oct. to brighten your spring garden! Master Gardener volunteers are hosting an online bulb sale fundraiser now through Sept. 23rd.

Recycle Old Cell Phones

Formerly incarcerated persons are in need of cell phones. Donate your used phone to OAR ([Opportunities, Alternatives, and Resources](#)) of Tompkins County, located at 910 W. State St., Ithaca.

LEARNING

[Cornell History Lessons with Corey](#)

Sept. 22, 12-1pm via Zoom. Join Cornell historian Corey Ryan Earle '07 for an entertaining and informative session about Cornell's history, campus, and what makes our university unique.

[American Sign Language Conversation Hour](#)

Sept. 15, 4:30pm via Zoom. Practice using the language in an informal, low-pressure atmosphere.

PETS

[First Aid for the Dog & Cat Owner](#)

Sept. 23, 6:30pm via Zoom. Would you know what to do if your pet was injured or in distress? Join Rebecca DeCillis, DVM from Cornell University Veterinary Specialists, for a webinar covering the essentials of pet emergencies and first aid for the pet owner.

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.