

March 3, 2021

# Be Well

Resources for Employees  
from CSU and HR Partners



## THIS NEWSLETTER

As CSU recognizes the incredible resilience, fortitude and strength that our entire workforce has demonstrated throughout the COVID pandemic. We have extensive mental health, self-care, and crisis resources for all our employees and encourage all of you to seek those out any time you need them—see the links at the end of this letter.

We also know that as we approach the one-year mark of the pandemic here in Colorado, even logging into a website and clicking around to find help can feel exhausting. So we've committed to bringing some resources directly to you.

We hope that some of these resources are helpful and that our commitment to providing them reaffirms to you how much you are valued and cared for as members of our Ram Family.



## TAKE CARE OF YOURSELF AT WORK

With so many Zoom/Teams meetings on our calendars, many departments have committed to 50-minute meetings. This small step means that meeting participants can “take 10” before they move on to their next meeting. Taking breaks is an essential part of the workday and even short work breaks can help us physically and mentally relax. *If you supervise a team, implement this strategy today! And if you are a member of a team, suggest it to your supervisor.*

## TAKE CARE OF YOURSELF AT HOME

Focus on purposefully relaxing when choosing after-work activities instead of trying to meet some undefined standard for constant personal productivity. Taking on too much can shortchange both your personal and professional goals. Binge-watch TV shows if that'll help you unwind. Run through your neighborhood instead of on the treadmill. Discover what works to clear your mind, recharge your batteries, and disconnect from work—then make time for it.

*—from Tips to Help Work-from-Home Employees Disconnect by Pugh, 10 28, 2020, bambooHR Blog*

The CDC has recommended that to help slow and prevent the spread of COVID-19 virus, we should stay home as much as possible. For you, this might mean cooking more often, which can feel stressful. **The Kendall Reagan Nutrition Center at CSU offers recipes for easy meals that you can make with the foods you might have in your fridge, freezer, and pantry: just click [here](#).**



## CULTIVATE RESILIENCE

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CSU recognizes the ways that the practice of resilience may look different for people with different identities. For a brief, thoughtful exploration of resilience for BIPOC community members, check out the article ([Re](#))*Defining Resilience: A Perspective Of 'Toughness' In BIPOC Communities* by Gustavo A. Molinar (he/him/his/él).

- **CSU employees can register [here](#) for a free webinar**, *Being Adaptive in an Ever-changing World*, offered by **CompPsych**, one of the CSU Employee Assistant Program's partner organizations.
- **CSU's State Classified Employees can also register [here](#) for a free webinar**, *Shifting Gears: from Reacting to a Pandemic to a Resilient Recovery*, offered through the State of Colorado Employee Assistance Program.

## CSU CARES

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CSU Cares provides support to CSU community members through natural disasters, including the COVID-19 pandemic. Award amounts vary depending on fund availability, up to \$2,000. Eligible beneficiaries include CSU full- or part-time regular employees, including post-doctoral candidates, at the University who have personally experienced financial hardship as the result of a disaster. **If you are a CSU employee in need, please submit an application for assistance. [Application \(English\)](#) or [Application \(Español\)](#)**

You can also [donate now](#) or [through payroll deduction](#) to help CSU colleagues in need.

## CSU'S VIRTUAL WELLNESS RESOURCES

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### Finding Joy

March 24 – 10:00 am to 11:00 am

What is joy and is it different from happiness? In this session, after exploring “joy” in the literature, we will look at what it takes to be joyful. Reflection will help participants customize this content to their own situations. **Register for this free class [here](#).**

### CSU's Center for Mindfulness

*Mindful Mondays Meditation* with Lauren Ziegler

**Mondays 12:00-12:45 pm**

[iCalendar](#)

[Join Meeting Link](#)

**Meeting ID: 882 5089 7993**

**Passcode: 891704**

*Mindful Sleep Wednesdays* with Lauren Ziegler

**Wednesdays 12:00–12:45 pm**

[iCalendar](#)

[Join Meeting Link](#)

**Meeting ID: 880 6830 3022**

**Passcode: 296890**

For questions, about either session, please contact Margit Hentschel at [margit@colostate.edu](mailto:margit@colostate.edu).

## FIND MORE RESOURCES

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CSU truly cares about our employees and we are constantly expanding and updating our resources for all of you. Check out the [Commitment to Campus Health and Wellness page](#), the [COVID site](#), the **online wellness tool** [SilverCloud](#), and the [CSU Employee Assistance Program](#) for more resources that may help you feel better during this difficult time.

