

March 16, 2021

# Be Well

Resources for Employees  
from CSU and HR Partners



## THIS NEWSLETTER

A year into the COVID Pandemic, CSU applauds the on-going strength and resilience our employees continue to show. Many of us are beginning to look forward to returning to activities we did before the pandemic, but we know that it will still be months before things are anything like “normal.” 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 bottom of this page.

This week is Spring Break for local K-12 schools, so we are delighted to share resources here for families with school-age children. This newsletter also highlights virtual and self-care resources for all employees.

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.



## CSU'S VIRTUAL WELLNESS RESOURCES

### Moving Forward with Emotional Agility

10 to 11 a.m. on April 8

It is a time full of uncertainty, anxiety, and sadness, and it is easy to get overwhelmed and feel stuck. Now, more than ever before, we need to explore more about our emotions and their implications. This spotlight will highlight “The Emotional Pyramid of Needs” developed by Dr. Susan David, Harvard Medical School psychologist and well-known author. The session will outline steps, from acceptance to courage, that help you deal with your reality and emotions in a healthy way forward.

CSU employees can also register for a free Webinar offered by ComPsych (EAP third party provider)

**Register here** for Becoming a Better Listener, 12 to 1 pm on March 24.

## TAKE CARE OF YOURSELF AT WORK

Do you avoid setting an out-of-office message when you are going to be away from your work? This is a crucial step for your colleagues to know you have planned to be elsewhere, so don't fret. You've earned your time off! Setting that out-of-office notice is a good thing and establishes expectations for your responsiveness to email and other electronic messages.

In France, the ‘right to disconnect’ became the law in 2017, after organizations representing employees campaigned against the expectation for 24/7 e-mail responsiveness, according to “Combat burnout: respect the out-of-office message” published in Nature.com.



## TAKE CARE OF YOURSELF AT HOME

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Winter is not done with us here in Colorado and shoveling snow can feel like more work on top of all that we're already doing. In a Washington Post article about how to approach being snowed in, Norman Rosenthal, the psychiatrist who discovered Seasonal Affective Disorder, described a snowstorm as a "welcome respite from the drumbeat of the continual demands of winter. Snow offers us opportunities.

It offers the ancient opportunities that winter provided of curling up, staying warm in your home, being with good company. These are really luxuries, but they weren't luxuries for our ancestors — they created an environment that got them through the winter."

Of course, the snow will eventually give way to sunny days and spring. It is still too early to plant that garden in most cases, but hardy flowers can be planted soon! And significant research shows that both actively gardening and passively enjoying green spaces can significantly benefit your mental health.

**Check out [this article](#)** for some specifics that will help explain why you feel better after an hour on your knees in the dirt, planting seedlings. Then **get garden advice from CSU Extension's [Online Resources for Gardening and Landscape](#)**.

## TAKE CARE OF YOUR FAMILY (TIME)

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This year may have parents or other caregivers seeking activities they can do online or at home with children who are off school for spring break. Through Colorado 4-H, [4-H at Home](#) has **hands-on educational activities for kids and teens to do at home**. Here's just one weather-appropriate example: **make a foaming frosty snowman in your kitchen**, with [these easy instructions](#).

Once the snow melts, families can also plan to get out of the house and take a **socially distanced hike** in one of [Larimer County's many open space parks](#).

### 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.

You can also contact our Employee Assistance Coordinator directly for help or more information:

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