

April 22, 2021

# Be Well

Resources for Employees  
from CSU and HR Partners

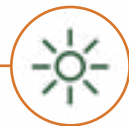


## THIS NEWSLETTER

We made it! Thanks to your incredible work and dedication, we were able to deliver our planned spring curriculum and reach Spring Break without having to make any abrupt changes to the classroom experience or university operations. This is a tremendous achievement during a difficult time.

As our Pandemic Planning Team recently reminded the university community, All CSU operations and academics will continue under the current university COVID restrictions in place for the remainder of the spring semester, which ends on May 15.

Our planning teams are actively mapping out what returning to in-person work looks like, what summer will look like on campus, and how we will approach the Fall 2021 semester. We will share details with all employees as soon as we have them. Thank you, CSU!



## CSU'S VIRTUAL WELLNESS RESOURCES

### It's Earth Week!

Colorado State University is the most sustainable institution of higher education in the United States! Join the [virtual Earth Day celebration](#).

### Navigate your Financial Future

CSU is proud to partner with our retirement vendors to offer webinars that share information on how to confidently navigate your financial future.

Fidelity Investments will be offering webinars on April 26: [Prepare for the Reality of Health Care in Retirement](#), and April 27: [Discover the Potential of Your HSA](#), as well as subsequent [Q&A sessions](#). You can find additional tools and resources on the [Human Resources website](#).

## RETURNING YOUR TEAM TO WORK IN PERSON?

### Here's How to Help Them

According to clinical social worker, Dorothy Hall, in an [ABC news story](#), employers can help employees returning to the office after a long stretch of teleworking in many ways, including:

- allowing them to talk honestly about how they feel about the transition.
- giving people time to get centered and settled.
- communicating clear expectations about the new work environment.

The good news is that CSU's Talent Development Team has created a comprehensive toolkit for supervisors and unit leaders to use to help their teams navigate the next normal. The toolkit, titled [Reinventing the Workplace](#), provides facilitator, participant, or discussion guides to inspire rich conversations around managing transitions, exploring new beginnings for individuals and the collective team, and creating an inspired future.



## CONNECT TO NATURE FOR YOUR MENTAL HEALTH

As a [recent SOURCE story](#) reported, a team of researchers from Colorado State University, Carleton University, Michigan State University and the National Park Service found that people who hear nature sounds experience decreased pain, lower stress, improved mood and enhanced cognitive performance. The sounds of water were most effective at improving positive emotions and health outcomes, while bird sounds combat stress and annoyance. So, in case you needed another reason to explore the great outdoors—it is so good for you!

## GROW FOOD. SHARE THE HARVEST.

### Fight Hunger in your Community

Colorado State University Extension's Grow and Give program addresses food insecurity in Colorado by connecting backyard and community gardeners to food donation sites across the state. The program provides resources to help you both 'Grow' and 'Give' part of your harvest to those in need. Be part of our statewide effort. Learn more, access helpful resources, register your garden, and fight hunger in your community.

Visit [the website](#) to find out more about the program and get started today.

### Explore the Outdoors

Spring is here and so are more opportunities to get outdoors. Explore the [Soapstone Prairie Natural Area](#), which offers more than 28 square miles of open vistas, nearly pristine grasslands, miles of trails and world-renowned cultural resources. In fall 2015, CSU helped bring bison back to the area, so that today you can visit the [Laramie Foothills Bison Conservation Herd](#) at Soapstone. In total, this beautiful area shares over 50 miles of trails and connects to Larimer County's [Red Mountain Open Space](#).

## GET UNSTUCK FROM A RECIPE RUT

Find yourself cooking the same thing again and again? Or even worse, has take-out become the norm? Get excited to get back in the kitchen with new, [healthy recipes](#) from the [Kendall Reagan Nutrition Center](#). The Kendall Reagan Nutrition Center is a full-service clinic that specializes in nutrition counseling, group programs, and cooking classes.

## BALANCING WORK AND LIFE

### Don't lose your hard-earned time off!

CSU recognizes that it may be hard to separate your work from home life these days. That's why time away from work – even if you don't go anywhere – is more important than ever to help manage stress and maintain a sense of well-being. We encourage you to use your annual leave to take time off, unplug from work, and recharge.

For **Faculty, Administrative Professionals, and other Non-Classified Staff**, [annual leave](#) accumulated in excess of 48 days is forfeited on July 1 of each year.

For **State Classified Staff** [annual leave](#) maximums are based upon years of service. State Classified Staff can also donate their annual leave to the [leave sharing program](#) to help fellow colleagues in need.

"Vacation" ideas to match your comfort level:

- Take a day hike
- [DIY spa day](#)
- Check-in with friends and family
- Take a road trip for a long weekend away
- Read a book or watch a movie
- Give your living space a makeover

## FIND MORE RESOURCES

CSU cares deeply 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.

