

April 2, 2021

Be Well

Resources for Employees
from CSU and HR Partners



THIS NEWSLETTER

Since we sent out our last Be Well newsletter on [March 16](#), our community has literally dug ourselves out of several feet of snow. We have also grieved along with our state and our nation as violence has taken the lives of many, in Atlanta, in Boulder, and on our own campus.

After a year of loss, these tragedies are particularly painful. 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.

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

Spring Awakening: FIT/life Health and Financial Wellness Event

The 2021 virtual FIT/life Health and Financial Wellness Event on April 6-8 includes various workshops to enhance your journey towards overall well-being. Sessions cover mindfulness, healthy eating, budgeting, sleep, and more. More information and registration can be found on the [CSU HR site](#).

Addressing Burnout podcast

The dynamic Brené Brown, who studies courage, vulnerability, shame and empathy, talks with Drs. Emily and Amelia Nagoski on the Dare to Lead podcast about what causes burnout, what it does to our bodies, and how we can move through emotional exhaustion. Listen on [Spotify](#).

CSU employees can also register for a free Webinar offered by ComPsych (EAP third party provider). Register here for [Mental Health Awareness for Leaders](#), 12 to 1 p.m. on April 14.

COVID VACCINE UPDATE

Colorado's COVID vaccine phase 1B.4 has opened and includes higher education employees with face-to-face student interactions. This means that CSU employees with specific face-to-face duties are starting to receive emails from the Pandemic Preparedness Team confirming that they are eligible to receive COVID-19 vaccines. These emails may be taken to vaccine providers as proof of eligibility through Colorado's Phase 1B.4, although most vaccine providers are not requiring proof of higher education employment or face-to-face contact with others.

More information about vaccines for the CSU community is on the [COVID.colostate.edu](#) site.



FAMILY, COUPLE, INDIVIDUAL AND GROUP THERAPY

Through Commitment to Campus, employee wellness benefits include family, couple and individual therapy, as well as a variety of therapy groups for youth and adults at the [Center for Family and Couple Therapy](#). The Center is a full-service therapy center dedicated to empowering families, couples, and individuals to strengthen their relationships, resolve troubling issues and achieve personal well-being.

C2C wellness benefits include a 30% to 50% discount on an already low sliding fee for therapy. Appointments are currently available through telehealth with a return to in-person services anticipated in the fall.

STAY ACTIVE, STAY POSITIVE: RESOURCES FROM CSU EXTENSION

CSU Extension has resources for every aspect of life, all designed to improve quality of life no matter what obstacles we may be facing. Check out their quick, graphic, and easy-to-follow guides to moving your body in positive ways, whether you feel stuck at your desk or trapped in the house by snow:

- [Stay Active, Stay Positive: Stay Balanced](#)
- [Stay Active, Stay Positive: Stay Focused](#)
- [Stay Active, Stay Positive: Stay Positive](#)
- [Stay Active, Stay Positive: Stay Well](#)

PLANNING A VACATION? COMPSYCH CAN HELP

Thanks to our FamilySource benefit with our ComPsych partner, CSU employees can call ComPsych to get help planning their vacation. Just call **800-497-9133** and share information about your desired vacation destination, budget, number in party, etc. ComPsych will do the research and send a list of resources back.

VACATION PLANNED? MAKE SURE YOU REALLY TAKE TIME OFF

According to a 2019 Forbes article, nearly half of American professionals don't use all their vacation time, while almost 60% of us take vacation but continue to work while we're supposed to be off. And with the ways COVID has limited our vacation opportunities and blurred work/life boundaries, these numbers are only getting more alarming. So, as you plan your summer 2021 vacation, consider these tips from LinkedIn Career expert Blair Decembrele to make sure you actually take the vacation.

Before you leave, prioritize your work, so that you get urgent things done before you go and leave other things for when you come back. Then, work with anyone you supervise and with your own supervisor to make sure they know exactly what you're leaving undone while you're out, what they can help you with and what truly merits interrupting your leave (and make it clear: the less the better!)

Then, while you're actually gone, turn off your phone notifications and restrict yourself to only checking email once a day, ideally at the same time and for a limited period. When you do log on, ask yourself what's truly urgent and what you can leave unanswered (except for your out-of-office message) until you return.

Finally, do unto others as you would like them to do for you! When it's time for your co-workers to go on vacation, think twice before emailing them—and definitely before calling or texting them! They'll appreciate it and be even more likely to offer you the same consideration.

(Check out the [full Forbes article](#) from which these tips are excerpted).

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.

