

May 14, 2021

# Be Well

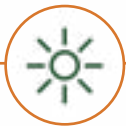
Resources for Employees  
from CSU and HR Partners



Former First Lady Lady Bird Johnson once said, “Where flowers bloom so does hope.” Across campus, flowers beds are blooming and fruit trees are blossoming, welcome signs of spring at CSU.

In-person admissions tours returned in May, harbingers of our return to more traditional operations. CSU’s Pandemic Planning Team has issued [guidance for the summer and fall](#) and units, divisions and colleges are engaged in return-to-campus plans. Additionally, CSU’s Human Resources team is actively sharing guidance on how to gradually and successfully support faculty and staff who have been working remotely back into in-person work.

The CSU System announced a [Covid vaccine requirement](#) for campuses in Fort Collins and Pueblo for students and employees. More information about this will be available later this spring and summer, including details on an exemption process.



## MAY IS MENTAL HEALTH AWARENESS MONTH

Podcast recommendation for mental health awareness month: [The Happiness Lab with Dr. Laurie Santos](#). Learn about the latest scientific research on wellbeing and hear some surprising and inspiring stories that will change the way you think about happiness.

Check out the free [Mental Health Awareness Toolkit](#) from ComPsych and their upcoming webinar, [Impact of Attitude on Work & Life](#) (May 19, Noon – 1 pm MDT)

State Classified staff can register for [upcoming webinars](#) from CSEAP.

All faculty and staff can plan an active role in the mental health of our campus community. Learn more about how to [Notice and Respond](#).

## SELF-CARE ROUTINE

### Find what works for you.

Finding time for self-care can be difficult when looking at a full to-do list, writes Alyssa F. Westring in the Harvard Business Review, so [define self-care on your own terms](#). By challenging your assumptions about what self-care is, you’ll be better equipped to find what works for you. Three tips:

1. Define self-care. Self-care can look different for different people. It could be watching your favorite TV show at the end of a long day, turning off your phone, meditating, working out — or something else entirely. Only you can determine what your mind, body, and spirit need to thrive.
2. Beware of all-or-nothing thinking. You don’t need to become a health and fitness expert or an expert meditator overnight. Little adjustments make a big difference.
3. Look for ways to integrate self-care into your existing habits and routines. Try a walking meeting with a colleague instead of a Zoom call or make your next friend date a virtual workout class.



## EMPLOYEE ASSISTANCE PROGRAM SURVEY

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Many employees have accessed Employee Assistance Benefits over the past year. If you have utilized these benefits either through the on-site coordinator or through ComPsych we would appreciate your feedback. Your feedback about the program and its services are essential to the process of sustaining and improving the benefits offered by the Employee Assistance Program (EAP).

Please take 2-5 minutes to share your thoughts.

## MORE BLOOM FOR THE BUCK

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Want to make the most out of your outdoor space but have questions? CSU's Master Gardener program provides knowledge-based education and information to foster successful gardeners and help you make informed decisions about plants to protect neighborhood environments.

**Happy planting!**

## HELP CLOSE THE RACIAL WEALTH GAP

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Join OneUnited Bank—the largest Black owned bank in America and first Black owned digital bank—in partnership with Visa and Fidelity Investments, for a free financial conference to focus on closing the racial wealth gap and creating generational wealth for your family.

Date: June 19, 2021 (Juneteenth)

Time: 11 am to 4 pm MDT

Registration is now open, but limited. Don't miss your chance to hear this All-Star lineup of presenters as they discuss the "One Transaction" that made the difference for them. Special guests include: Tiffany Haddish, Daymond John, Tiffany "The Budgetnista" Aliche, and many more.

Register now!

## FIND MORE RESOURCES

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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.

