



Welcome to 2022! We hope that the winter break provided you with time to relax, connect with family and friends, and reflect on all you have overcome the last few years. With each new year comes an abundance of opportunities to create beautiful moments and joyful experiences.

Whether you've set resolutions to focus on well-being or if you simply need support, we hope that the resources in this newsletter will help reaffirm how much we value you as members of the CSU community.



FEBRUARY IS BLACK HISTORY MONTH

The Black/African American Cultural Center is hosting a variety of events throughout the month of February. [Visit their website](#) for a full list of these events which highlight the accomplishments and contributions of African, African American, Pan-African people and cultures.

Mental Health Resources for Black Americans: Education and Support

At this pivotal moment in our nation's history, pleas for social change echo worldwide. Many people, particularly people of color, are facing elevated levels of stress and anxiety. Many are searching for educational support resources to help them navigate this unprecedented time. This [comprehensive list](#) provided by the Employee Assistance Program provider, ComPsych, offers mental health support resources for Black Americans, as well as educational resources for understanding racism and racial justice.

Economic Empowerment Event

TIAA is celebrating Black History Month with an engaging discussion on how to be intentional about your financial wellness journey. This session, *Show Me the Money: How Being the Change Means Disrupting the Wealth Gap*, features panelists from TIAA, the YMCA, the NBA Foundation, and more.

Registration is not required, just [click this link to join](#) on **Tuesday, Feb. 15 at 9 a.m. MST.**

SILVERCLOUD

[SilverCloud](#) was introduced to faculty and staff in January 2021 and has become a great success. This is a free, confidential, self-guided wellness program available 24/7.

Based on cognitive behavioral therapy principles, SilverCloud includes resources and information that help you better understand your emotional well-being. The module is also available in Spanish.



FITLIFE SPRING EVENT - WELLNESS WEDNESDAYS

Each year, Human Resources hosts the FITlife Health and Financial Wellness event. Based on your feedback last year, we are reimagining this event for 2022. Starting March 9, employees will have an opportunity to join us for virtual Wellness Wednesdays to learn from wellness experts on a variety of topics such as financial, physical, and emotional well-being. Visit the [HR website](#) to register and learn more.

March 9: physical well-being

Presentations ranging from the importance of moving your body, eating well, and how sleep impacts overall well-being.

March 16: mental and emotional well-being

Sessions on the topics of resilience, meditation, managing stress, etc.

March 23: financial well-being

Covers topics like reducing debt, saving, investing, or estate planning.

March 30: information for your future

Colorado PERA, Social Security Administration and Medicare will present on what you need to know in retirement.

WORLD UNITY FAIR

Join the 67th World Unity Fair on April 2, hosted by the Office of International Programs. This event includes cultural booths, stage show performances and international food. [Visit their website](#) for a program schedule and to see pictures from previous events.

SUICIDE PREVENTION TRAINING

We know that the last few years have brought about extreme anxiety, stress, and depression for many individuals. It's important to understand the scope of the suicide problem, warning signs, and how to help. Join the Alliance for Suicide Prevention of Larimer County for [one of their 60 – 90 minute, evidence based, full certification courses](#).

FREE GARDENING WEBINARS

Join CSU Extension to broaden your gardening knowledge – [these sessions](#) cover a wide range of topics. So, whether you're a beginner or an experienced gardener, you're sure to find a class that fits your needs.

MARCH IS WOMEN'S HISTORY MONTH

Fidelity Investments is celebrating Women's History Month throughout March.

Research shows that peace of mind starts with having a financial plan. Fidelity can help you get started. Visit [Women Talk Money](#) to get access to upcoming events, on-demand videos, newsletters, and the latest news that can help you take small, but powerful, steps to stay on track with savings goals.

BALANCING WORK AND LIFE

Don't lose your hard-earned time off. CSU understands that it has becoming increasingly more difficult to separate your work from home life. That's why time away from work 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.

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](#), and the [HR Health and Well-being Resources page](#) for additional tools and programs that can help care for you and your family.

