

THE COMMUNICATOR



MIND, BODY AND WORKPLACE: A RE-INTRODUCTION TO YOUR ONCE FAMILIAR OFFICE

by Éva E. Hybiak, CPC Communications

Whether you have been working remotely or on campus, you may need to reacquaint with your work environment. This is true for essential workers that remained on campus, adjusting to empty halls and health and safety protocols, as well as those asked to work from home, adjusting to create a comfortable yet functional home workspace while figuring out how to do their job remotely.

During the pandemic our brains went through a neurological change that entailed decision making that balanced fear and risk with necessity and thereby changing our usual state of calm and steady tolerance. This constant reality took us out of our comfort zone, where we could assess the normal stressors and react with appropriate measure. Surprisingly, in order to return to our comfort zones it requires social in-person contact. According to Dr. Daniel Siegel, UCLA Clinical Professor of Psychiatry, we need "contact with other people to calm our brains down-to return our brain's center of well-being". As we return to the office we should take time to share our experiences with one another and establish that in-person contact once again.

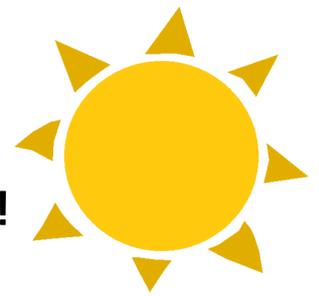
Along with the silver lining of seeing co-workers again, we may struggle to adjust back to "normal." There are a few strategies to help with this transition.

1. Recognize your own mental stress and emotional state. Do not feel pressure to be positive or excited thereby pushing down your own emotions. Acknowledge any emotion as valid. If you notice stress becoming physical, take a moment to breathe or even go for a quick walk around the office, if possible.
2. Prepare for unfamiliarity of the once familiar. We rewired our brains to complete tasks differently while working remotely and when we return to what we perceive as familiar, it may in fact feel disconcerting and cause us to make mistakes. This too shall pass and a little self-forgiveness will go a long way. Our brains will incorporate the new procedures with the old very quickly but it may leave you feeling very exhausted at the end of the day, even more than usual.
3. Protect yourself from environmental stressors. Taking a break from the news or COVID chats may be helpful as you transition. Removing those external stressors can help focus our day and help our own well-being.

As you transition back, communication and support with your team is key. We look forward to seeing all of you once again.

SUMMER SELF-CARE

SUMMER HAS ARRIVED! TAKE TIME OFF, EXPLORE FORT COLLINS AND SIGN UP FOR SOME GREAT TRAININGS TO GET READY FOR FALL!



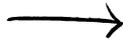
CARE PROGRAM

Whatever you might be looking for to take care of you and your family can be found at CARE! Check out their [June 2021 newsletter](#) for a list of activities, events, and resources - including:

- kid activities for the summer
- mental health resources
- food assistance
- volunteer opportunities in the community
- local events and happenings

FREE CSEAP SEMINARS

The Colorado State Employee Assistance Program (CSEAP) provides free trainings/programs to state classified employees. There are many webinars and wellbeing resources being offered this summer.



EMPLOYEE ASSISTANCE PROGRAM

EAP offers inclusive support and access to health and wellness resources, both on campus and online!

CSEAP Webinars

June

Workplace Respect and Professionalism
 ✓ June 23, 2021
 2:00 p.m. - 3:30 p.m.

July

Talking About Race and Racism at Work
 ✓ July 21, 2021
 10:30 a.m. - 12:00 p.m.

Cognitive Behavioral Strategies for Sleep
 ✓ July 27, 2021
 1:00 p.m. - 2:00 p.m.

August

Safe Zone Training
 ✓ August 4, 2021
 1:30 p.m. - 4:30 p.m.

Partner Webinars

June

SOFA: Estate Planning Solutions
 ✓ June 9, 2021
 2:00 p.m. - 3:30 p.m.

Meru Health: A Virtual Mental Fitness Program
 ✓ to Feeling Better
 June 9, 2021
 11:30 a.m. - 12:00 p.m.

CollegeInvest: Saving for College with a 529 Plan
 ✓ June 11, 2021
 11:00 a.m. - 12:00 p.m.

SAVE THE DATE
MOVIE NIGHT
 AT canvas stadium
GATES OPEN: 5:00 PM
 Lagoon Summer Concert Series 5:45 PM
MOVIE STARTS: 7:30 PM
 FREE ADMISSION.
 PRE-REGISTRATION REQUIRED.
 SEE CSURAMS.COM/MOVIE NIGHT FOR MORE INFO.

Logos: canvas, McDonald's, The Group, SCHEELS

LOCAL FORT COLLINS EVENTS

Searching for something to do tonight, tomorrow or this weekend in Fort Collins? The local Fort Collins [community calendar](#) and [Weekly Happenings newsletter](#) will keep you updated with the latest events, concerts, festivals, holiday and sporting events around town.

REMEMBER YOUR CSU BENEFITS!

As a state classified employee, you have access to health, financial, leave, retirement and other benefit programs. Take a moment to check in on these benefits available to you!

If you have extra unused annual leave, consider the [leave sharing program](#) to support fellow employees in need.

CLASSIFIED PERSONNEL COUNCIL *News & Updates*

CLASSIFIED PERSONNEL COUNCIL (CPC) IS NOW ON FACEBOOK!

URL: <https://www.facebook.com/ColoradoStateUniversityCPC>

Have a smart phone? Scan the QR code.

STEP 1

Open up your camera app and scan the QR code.

STEP 2

Click on the link to open Facebook.

SCAN ME



Like our page to stay up to date on relevant information related to state classified employees, CSU events, and resources!



COLORADO STATE UNIVERSITY

CLASSIFIED PERSONNEL COUNCIL

EDUCATIONAL ASSISTANCE AWARD

CPC is currently accepting applications for this award!

Established in 2009 to assist state classified employees seeking to move ahead in their jobs/careers, employees may use the Educational Assistance Award to meet any needs associated with furthering their education, such as tuition, books, technology, child care expenses, and gas for traveling to/from class. Awards are determined by the amount of donations received.

CPC RECOGNITION OPPORTUNITIES

- **Day in the Life:** These features are published in SOURCE and in the CPC Communicator. They are brief spotlights that introduce the CSU community to the diverse responsibilities, duties, and stories of State Classified Employees.
- **Everyday Hero:** The Everyday Hero is a special program sponsored by the Classified Personnel Council to recognize the day-to-day achievements of all CSU employees (state classified, administrative professionals, and faculty).

A MESSAGE FROM THE CHAIR: LEADERSHIP CHANGES COMING TO CPC IN JULY

As my three-year term as Chair of the Classified Personnel Council (CPC) ends, I just want to say how honored I have been to represent CPC and State Classified employees of CSU. This last year has challenged me in so many ways, and for all of us, it was a year of innovation, navigating new and changing scenarios what seemed like every day. This year has reminded me how lucky I am to work with so many talented and caring individuals, I know that the coming year will have its own challenges, but we have proven our resiliency and determination repeatedly. I look forward to engaging with folks over the next year as I continue to support CPC as a representative and as treasurer, and I look forward to some exciting opportunities for State Classified employees we will be rolling out over the summer to bolster access to technology and other information. A big thank you to the entire CPC council for their patience and support the last three-years, and congratulations to Adrian Macdonald, who has been treasurer for CPC for the last two and a half years, will be taking on the role of Chair on July 1, 2021.



MEG SKEEHAN

RETURN TO CAMPUS RESOURCES

C2C Commitment to Campus

Provides programs, discounts and special benefits to CSU faculty and staff. This includes continued resources for staff during COVID-19.

Parking and Transportation Services

For those transitioning back to campus, don't forget to plan your route. There are many options for bikes, public transit, or vehicles. There are partial week options for hybrid work schedules if you are looking into parking permits.

And, if your on-campus schedule is still in flux, you may consider using the Park Mobile app for short-term and hourly parking options.

Biking Options

From bike purchases and maintenance to safe routes and where to park guidance, Parking & Transportation Services has you covered. They also have some great videos - check it out!

MARK YOUR CALENDARS!

Wednesday, June 23

PERA TOWN HALL MEETINGS - Register [HERE](#).

- **Retirees:** 10 a.m. (Mountain time)
- **Active Members:** 6:30 p.m. (Mountain time)

Thursday, June 24 - EMAIL COMING SOON!

HR TOWNHALL FOR CSU SUPERVISORS
10 A.M. TO 11:30 A.M.

Topics include back to campus transition and the new teleworking policy

HOLIDAY SCHEDULE 2021-2022

Monday, July 5, 2021

Monday, September 6, 2021

Thursday, November 25, 2021

Friday, November 26, 2021

Wednesday, December 22, 2021

Thursday, December 23, 2021

Friday, December 24, 2021

Friday, December 31, 2021

Monday, January 17, 2022

Monday, May 30, 2022

CAMPUS REC REOPENED TO ALL JUNE 14!

As many of you may know (and as a result of the pandemic), Campus Recreation has only been open to student members since Fall 2020.

As of June 14, returning employee members can purchase a discounted [summer membership](#) and new employee members can start their membership process at the Service Center in the Student Recreation Center.

Fall 2021 memberships will open August 9!

For more info, visit <https://csurec.colostate.edu/>.



CPC meets on the 3rd Thursday of the month via Microsoft Teams. All meetings are open to the public! If you would like to join us as a guest, please email cpc_chair@colostate.edu to be given the link. We would love to virtually see you there!

NEXT MEETING:
June 17, 1-3pm

