

Employee Assistance and Well-being Programs

The following resources are available to all UTHHealth faculty, staff, residents and fellow

December Wellness Newsletter 2021

Re-visioning Resiliency – Finding Wellness, Finding Balance



If “resiliency” is an uncomfortable word, “balance” may be equally uncomfortable. In the media, the words resiliency and balance are trending downward, maybe because they have been over-used or mis-used. For some, these words may even illicit feelings of guilt or not doing enough . Yet, it is important to avoid simply rebranding terms with something else, but still be selling the same product.

When we think of resiliency, think about bounce-back-ability. Think about flexibility and fluidity. All perfectly good words too.

How do we stay flexible and fluid, able to bounce back, able to touch the edge of resiliency and sometimes embrace it? We do it by filling our well-being toolkit with four foundational wellness tools:

1. **Community** of family and friends who we place on our front row and can turn to for more than venting. We can call on them for empathy, loving support, respectful accountability, resources and a ride, when necessary.
2. **Positive self-talk** that we can easily deploy when we start thinking negative thoughts, ruminating over bad experiences, camping out in unhealthy headspace, etc. It takes practice but we can become skilled at restructuring our negative self-messages into positive ones. This will require us to set-aside a predisposition for logic that wants to dismiss the value of thoughts over real life experiences that have already occurred. Changing negative messages to positive ones in our head does not erase the experience or situation. They are not meant to. Those experiences are reality but our internal response is 100% within our control and this is the pivot point where we change our trajectory from a downward spiral to a survive and maybe rise-above future.
3. **Perspective** that allows us to look at next steps, our future, our aspirations. Aspirations that can be as broad as, “I aspire to survive this day”, “I aspire to redefine my expectations or boundaries”, “I aspire to adjust (or completely overhaul) my lifestyle”.
4. **Reflection** on lesson(s) learned and first steps to that new perspective and trajectory we just set for ourselves. These are the take-away nuggets, the lessons learned that keep us from repeating the same cycle we’ve been stuck in. This is where we deploy our discipline to take action, or surrender ourselves to stay on the same course we’ve been on. This step also allows us to recognize when we need to reach out to a trusted member of our Community if our biases, beliefs or self-talk might contain flawed decision making.

Similarly with balance, if we think about the word “centering” it might allow us to resist the feeling that we have to attain and maintain something in order for us to call ourselves balanced. It’s even more important that we avoid viewing balance as a destination. Consider this analogy: An ocean is a massive, perfectly functioning body of water, yet it ebbs and flows, its waves rise and fall approaching and receding from shore. An ocean can maintain its ebb and flow in calmness until a storm comes, and the waves begin to rage. If an ocean’s flow is not constantly balanced, can we recognize ourselves in the same way - knowing that our experiences are just a space in time? Can we acknowledge the ebbs and flows, the waves and the swells and employ the four tools listed above from our toolkit to calm the sea of our mind during the highs and the lows of life?

If you are interested in exploring your own resilience and balance, please contact the UTH Office of Employee Assistance and Well-being Programs via our website or call us at (713) 500-3327 to schedule a free appointment with a licensed counselor onsite or from our network across the city and state.

Virtual Meditation Sessions



Join us for a 15 minute break at these times:

Mondays

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesdays

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

**UTH Offers a Free, Private, Confidential Personal Finance Tool
Nationally Acclaimed *Pete the Planner***



This Holiday Season

GIFT YOURSELF Greater Savings



- Ask all your questions about money
- Develop your personalized plan
- Find true financial stability

START EARLY.
DON'T LET HOLIDAY
SPENDING SNEAK
UP ON YOU.

SCHEDULE AN APPOINTMENT: YOURMONEYLINE.COM/SCHEDULING

PHONE: 833.890.4077 EMAIL: ANSWERS@YOURMONEYLINE.COM

[More information & introductory video](#)

100% confidential

To Do: Manage Holiday Stress

DEC 1 @12 Noon



To-do: Manage Holiday Stress

Staying Healthy with Omada can help manage added holiday stress. Join UT Living Well and Omada as they host a virtual webinar on December 1st at 12pm central time. Learn more about how the Omada program can help you manage holiday stress and help change behaviors that can lead to chronic diseases.

[REGISTER HERE](#)

[Omadahealth.com/uts](https://omadahealth.com/uts)

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