

# Employee Assistance and Well-being Programs

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

## July Wellness Newsletter 2021

### Social Connectedness & Well-being



Social well-being is part of our total life wellness. Social well-being pertains to our ability to make and maintain meaningful positive relationships and regular contact with other people in our world – family, friends, loved ones, neighbors, co-workers, etc.. For many of us, our social well-being was challenged in 2020, as our ability to enjoy in-person contact was suspended for an extended period of time. During quarantine and closures, many filled the in-person void with virtual alternatives to stay connected while others deepened their relationships with quality time with family members living within their home.

Not everyone was able to thrive during this period, however, suffering with feelings of isolation, disconnection, depression and more. Transitioning back into open society also presents its challenges as the process of re-engaging and making new meaningful connections has changed.

If you need help working through your feelings, emotions, challenges and victories related to your social well-being, the Office of Employee Assistance and Well-being can help.

Call us directly at (713) 500-3327 or visit us at [go.uth.edu/wellbeing](https://go.uth.edu/wellbeing).

Confidential and No Cost.  
UTHealth employees and their dependents are eligible.

### Virtual Meditation Sessions



#### **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

**Join the Webinar - When to Break the Financial Rules**

# *Exactly* WHEN TO **BREAK** THE FINANCIAL RULES



VIRTUAL EVENT | JULY 15 | 11 AM CST

[YOURMONEYLINE.COM/LIVEEVENTS2021](https://yourmoneyline.com/liveevents2021)

## [REGISTER HERE](#)

Schedule a time to talk to Your Money Line's Financial Concierge team.

Confidential. No cost. No sales.

Call now: **833-890-4077**

[Or schedule an appointment here](#)

## Diabetes Prevention Program Webinar

# You Can Prevent Type 2 Diabetes

with the

# PreventT2 Program

Spaces are open for a yearlong virtual support group for University of Texas employees who are at risk for developing type 2 diabetes. The support group is part of the Center for Disease Control's National Diabetes Prevention Program (NDPP). The goal of the NDPP is to help participants lose 5% to 7% of their initial weight and incorporate 150 minutes of physical activity each week. The information session will cover details about the program and identify if you are eligible. It is free for all employees to attend.

**Information Session**

Thursday July 1<sup>st</sup>, 2021

12 PM – 12:30 PM

Please register for this webinar by clicking this link:

<https://uthealth.webex.com/uthealth/onstage/g.php?MTID=e0d5e3187fda6beb238141863f0eaacfb>

Please contact [Darrine.Abouchelleih@uth.tmc.edu](mailto:Darrine.Abouchelleih@uth.tmc.edu) or 713-500-3478 if you have any questions.

7000 Fannin | Suite 1670 | Houston, TX 77030  
713 500 3394 tel | 713 500 3330 fax  
[wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)