

Employee Assistance and Well-being Programs

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

June Wellness Newsletter 2021

Old Normal to Re-imagining Norms



It was a challenge in the beginning of the quarantine to adjust to working and managing family life from home, but as many businesses and schools re-open and protocols start to lift or shift, many people still feel uncertain and sometimes confused. Our communities are not necessarily transitioning back to “old” normal, we are actually “re-imagining” our routines and norms.

- Some of my colleagues will continue to work from home while others will return to the office
- My children’s school has multiple ways to participate and requires more from me
- I save money on gas and making meals at home
- My friendships, peer groups and colleagues have shifted
- My spouse is in a different work situation than I am and we need help adjusting
- I think I was more effective working from home but I understand my employer also has needs
- All the change is still very unsettling for me

UTHHealth’s Employee Assistance and Well-being Programs is a place where you can privately and confidentially speak with a counselor who will help you cope with whatever transitions you and your family are facing. You are eligible to receive five free counseling visits for each issue. Call us and let us help you find a provider in our network that is suitable for you. Services are confidential.

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

UTHealth Won First Place in the Wellness Challenge!

Well
TRAVELED!™



*You did it! You brought Travis the Traveling Trophy back home to UTHealth!
We won first place in the Large Institution category.*

*Thank you for getting your steps in, getting 7-9 hours of sleep per night and giving
gratitude generously throughout the four week challenge!*

June 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

**Your Money Line & Pete the Planner Want to Help You
Manage Your Personal Finances**

Your Money  **line**
POWERED BY PETE THE PLANNER®



Hear Pete's Message

Your Money Line provides a place to privately ask questions and discuss personal finances.
Unlimited FREE access to every employee and their immediate family.
Confidential. No cost. No sales.

Schedule a time to talk to our Financial Concierge team. Your financial life is complicated and you shouldn't have to figure out a path alone. Our experts are ready and waiting to help you make sense of where you are and guide you to a plan that is realistic and simple to follow.

Call now: **833-890-4077**
Or schedule an appointment here

Curious About Farmhouse Delivery?



Ready to enjoy fresh produce and support small Texas farmers, ranchers, food artisans and restaurants all at once?

Meet Casey from Farmhouse Delivery – Wed, Jun 2, 1:45-12:45

Zoom.us

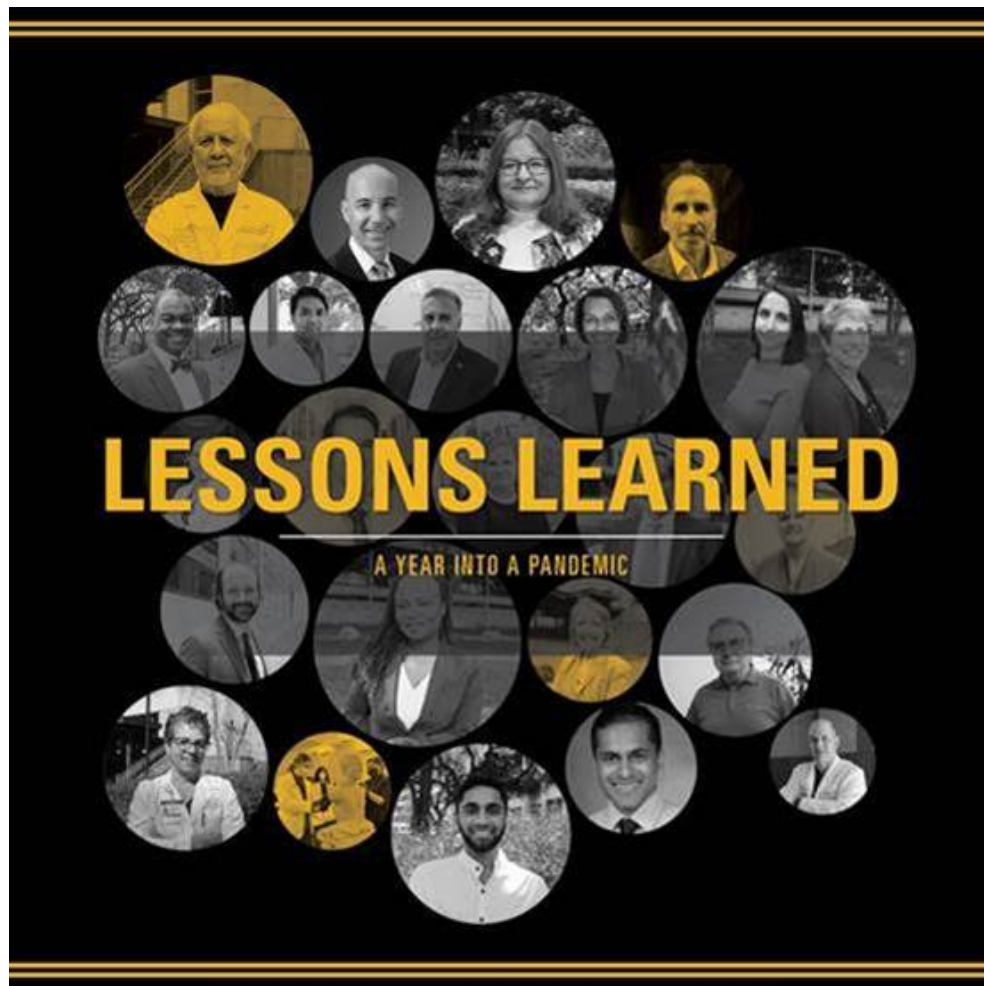
Meeting ID: 843 127 2442 / Passcode: vMNi8N

Give-aways for attendees!

In-house delivery partner, Plant It Forward, will also be implementing FREE HERB FRIDAY on the first Friday of each month beginning June 4th. The first 50 people are welcome to stop by MSB 7.024 from 12:30 – 1:30 and pick up a free sample of various herbs grown right here in Houston.

Please contact Saultczy Bleu at Saultczy.K.Bleu@uth.tmc.edu for more information.

Lessons Learned



2020 was a year like no other. Here, in their own words, members of the McGovern Medical School at UTHealth community share their experiences and reveal what they have learned from the COVID-19 pandemic.

[VIEW STORIES HERE](#)

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