



Brought to you by the
Office of Employee Assistance Programs

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

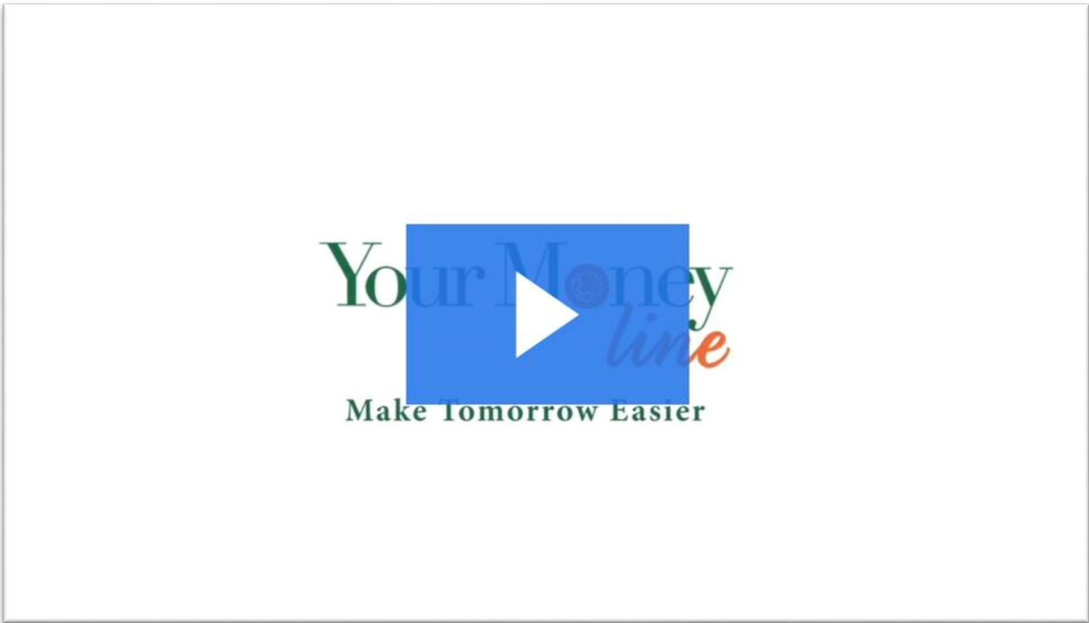
March Wellness Newsletter 2021

Is Life Balance a Wellness Myth?

It seems like we are continually encouraged to find balance in our personal life and our work life but does balance really exist? Living a wellness lifestyle is often associated with the delicate balance of the various dimensions of wellness that allow us to feel whole, fulfilled and joyful. The truth is that balance does exist but it is fleeting, temporary and subject to the ebbs and flows of life circumstances under our control and not under our control. While it is important to understand all the dimensions that go into wellness, such as physical, mental, financial, etc. our focus is better trained on resilience than balance. Why resilience? When life unbalances us, how we steady our lives, find our new normal and continue to move toward our goals depends heavily on our bounce-back-ability, our resiliency. We can build resilience through 1) learning to respond versus react to stressors, 2) shifting our negative self-talk into positive self-talk, and 3) practicing mindfulness and presence activities that help us to focus on the here and now, rather than the there and then. For more help building your resilience, visit us online at the UTHealth Employee Assistance Program (EAP), the Faculty Assistance Program or call us directly at (713) 500-3327 to speak with someone in the EAP and Wellness program.



**A Message from the Experts Regarding Personal Financial Decisions Related to
Recent Power Outages & Water Damage**



Watch the Video

Your Money Line is NO COST to all UTHHealth employees and their family members.
100% CONFIDENTIAL

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](#)

March Virtual Meditation Sessions

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday, Mar 3 12:00pm - 12:15pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 952 424 | Thursday, Mar 4 4:15pm - 4:30pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 065 284 | Wednesday, Mar 10 12:00pm - 12:15pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 952 424 |
| Thursday, Mar 11 4:15pm - 4:30pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 065 284 | Wednesday, Mar 17 12:00pm - 12:15pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 952 424 | Thursday, Mar 18 4:15pm - 4:30pm Join WebEx Session Join by phone: 1-844-621-3956 Access code: 803 065 284 |
| Wednesday, Mar 24 12:00pm - 12:15pm Join WebEx Session | Thursday, Mar 25 4:15pm - 4:30pm Join WebEx Session | Wednesday, Mar 31 12:00pm - 12:15pm Join WebEx Session |

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A Look Back at 2020

2020 was a year we will never forget – even though we may want to! Although this year was fraught with challenges, the McGovern Medical School is inviting us all to reflect on our ability to pivot and adapt, innovate, learn, and lead despite the changing daily landscape. Now that the year is behind us, we want to hear your lessons learned of 2020 and are asking for you to share your stories.

From stories of personal achievement, resiliency, and everything in between, what did you learn about yourself, your colleagues, your priorities, and are you changed as a result? Please submit your 2020 Lessons Learned story to ms.communications@uth.tmc.edu.

Selected reflections will be featured in an upcoming, online publication titled “2020 Lessons Learned,” which will be shared with the McGovern Medical School community.



Diabetes Prevention Program Webinar – Information Session

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 March 4th, 2021 | 11 AM – 11:30 AM

Please register for this webinar by clicking this link:

<https://uthealth.webex.com/uthealth/onstage/g.php?MTID=ed1def2f4360c7889ddf49c94284fadf4>

Please contact Darrine.Abouchelleih@uth.tmc.edu or 713-500-3478 if you have any questions.

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