

Employee Assistance and Well-being Programs

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

October Wellness Newsletter 2021

Choosing Joy



The words joy and happiness are often used interchangeably but in actuality they are two different emotions. Whether you are listening to scientific experts, spiritual ones, or both, the pervasive perspective is that joy is a deeper, more internal feeling than happiness. Joy is long-lived, endures hardships and is something we choose. Happiness, on the other hand, is an emotion more of-the-moment, often in response to external things, events or overt affirmation. Both are positive, but it is joy that endures, while happiness may be more fleeting.

Monica Guidry, LCSW, executive director in the Office of Employee Assistance and Well-being Programs states “Happiness cannot sustain the wholeness of a person. When we seek happiness, we receive a momentary or short period of elation and satisfaction, but research shows we ultimately move back toward our prior level of happiness or unhappiness. At best, we get comfortable with the new level of happiness and when the satisfaction wears off, and we set a new bar to achieve happiness again. “ Guidry, continues, “Instead, if we seek and achieve joy, we achieve a deeper sense of fulfillment that can help sustain us in good times or in not so good times.”

According to Guidry, we can cultivate joy through self-care, including:

- Balancing priorities
- Disconnecting with work
- Engaging with our personal spiritual connections
- Allowing humor to ease tension
- Compassion and serving others who are in need

- Practicing gratitude
- Finding ways to be “awe” inspired through art, music, awareness, nature etc.

J.D. Salinger, author of famed book *Catcher in the Rye*, related this: “The most singular difference between happiness and joy is that happiness is a solid and joy a liquid.”

The UTH Office of Employee Assistance and Well-being Programs is here to help you find your inner joy. Contact us via our [website](#) or call us at (713) 500-3327 to schedule a free appointment with a licensed counselor.

(Sources: Psychology Today, Psychologies, compassion.com, Diffen)

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

Your Money
POWERED BY PETE THE PLANNER®
line



- My retirement account went way down, should I be worried?
- I haven't lost my job, but I am nervous about the economy. How much emergency fund should I have? Is this more important than saving for retirement?
- What can I do about my student loans during this time of economic uncertainty?

These questions and more can be answered by Your Money Line, providing unlimited FREE access for every employee and their immediate family. Free access to personal finance experts via phone, email, scheduled calls or live chat.

[More information & introductory video](#)

100% confidential

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](#)

Walktober Fitness Challenge Begins Monday October 4th

Register by October 8th

WALKT  BER™



[View video](#)

Walktober is a fun and inspiring way to take advantage of autumn's cool temperatures and spectacular views as you step out and step up to better health. You'll be taken on a virtual color tour through some of the world's most vibrant, breathtaking landscapes — while boosting energy, improving mood, and making walking a priority... for life.

Learn more about *Walktober*, then be sure to opt in by **Friday, October 8** to participate.

SPH Offers Hands-on Cooking Class



nourish

PRESENTS THE FALL 2021

Lunch and Learns

OCTOBER 6TH: DRESS IT UP

Join us for a hands-on cooking class. Learn how to reinvent an average meal with one dressing and turn it into something fresh, fast, and delicious. This Greek-inspired plate has a burst of flavor in every bite! With a multitude of vegetables, your taste buds and your body will thank you!

WHEN: 12:00 - 1:00PM

WHERE: UT Health School of Public Health -Nourish Kitchen

HOW: Please register at [this link](#) or scan the QR code



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