

Employee Well-being Newsletter

August 2022

Employee Assistance and Well-being Programs

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



Nursing room locations,
resources, policies

*Ask about the free work-life tool
kit for new parents!*

*Take advantage of the virtual
caregiver support group!!*

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

UTH Houston is a Texas Mother Friendly Worksite

As part of our commitment to women and to nursing mothers, UTH Houston has nine (9) designated secure rooms throughout campus to express and store breastmilk, supported by robust policies that provide a reasonable break time for a year following the birth of the child.

Through the Employee Assistance Programs office, the University also has free counseling services for employees, which can be used by new moms, to help with the emotional journey of returning to work. If you need help working through your feelings, emotions, challenges and victories related to being a nursing mother, OR if you need assistance locating one of the many nursing mother rooms on campus, please contact the Office of Employee Assistance and Well-being Programs.



RECESSION PROGRAM



Details

Sign-up for YML

Five-week recession program

With inflation at a 40-year high (and rising), you've likely heard that an economic recession is coming (or that we're already in one). But what does that mean? What is a recession, and how might that affect your financial wellbeing? Should you be worried?

First and foremost, breathe. A recession doesn't last forever, and this five-week program exists to give you the tools to safely navigate through one.

This program is completely free to all staff at UTH Houston via your own personal and confidential account with Your Money Line (YML). The Recession Program will provide you five weeks of videos, office hours, podcasts, interviews and more from the expert financial guides at YML. Their goal is to help you prepare for any possible recession scenario.



Join in - 15 Minute Virtual Meditation Focus for August: Emotional Triggers

Mondays

12:00pm - 12:30pm
In person @ 12 noon JLL 454

Wednesdays

12:00pm - 12:15pm
Join by phone: 1-844-621-3956
Access code: 803 952 424

Thursdays

4:15pm - 4:30pm
Join by phone: 1-844-621-3956
Access code: 803 065 284

Can't make it to one of these sessions?
We have On Demand sessions available!

Meditation leader

Alejandro Chaoul, PhD
Huffington Foundation Endowed Director
The Jung Center's Mind Body Spirit Institute
Adjunct Faculty, UT Medical School and MD Anderson
Cancer Center

Mon Link

Wed Link

Thurs Link

On demand

Employee Assistance and Well-being Programs
713-500-3394 or email wellness@uth.tmc.edu

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Houston, TX 77030

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