

Employee Well-being Newsletter

December 2022

Employee Assistance and Well-being Programs

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



Left to right:

Anna Alvarado, Sr. Program Coord, Wellness
Stephanie Emhoff, PhD, Assistant Professor
Julie Van Orden, Sr. Program Manager, Wellness

[Visit webpage](#)

December Well Connected podcast

Keeping peace during holiday disagreements

Managing the holiday season can be unsettling for families who have differences or conflict. We can start out with good intentions and great expectations that can quickly dissolve into disappointment and hurt feelings. Psychologist, Dr. Stephanie Emhoff, Assistant Professor in the McGovern Medical School's Louis A. Faillace, MD, Department of Psychiatry and Behavioral Sciences joins us for our December episode to help us make sense of family dynamics and to offer strategies for more successful family interactions.

Now available on [Apple](#), [Google](#) and [Spotify](#)



[Visit webpage](#)

UTHealth supports nursing mother's needs **Faculty, staff, residents & fellows**

UTHealth Houston is proud to be a designated Silver Level Texas Mother-Friendly Worksite. The university provides a supportive environment for nursing mothers on campus and have met the standards set by the state to provide the following:

- Flexible scheduling for lactation breaks
- Access to a private location (other than a bathroom) for the expression of breastmilk at work
- Availability of a sink and clean water source for washing hands and cleaning breast pump equipment
- Hygienic storage options for mothers to safely store expressed milk

We have 11 nursing mother rooms in the TMC, plus regional locations.

We also have UTPhysicians locations and shared locations with MDAnderson.

Do You Know?

Benefits website

Do you know...

...you have 31 days after birth or adoption of a child to add the child to your healthcare plan? It is the responsibility of the insured (you!) to complete and submit the appropriate documentation to add your new dependent to your plan. Otherwise, the new child will not be covered if a healthcare need arises.



Join LinkedIn Group

Join our well-being LinkedIn group
Faculty, staff, residents & fellows

Is your wellness news getting lost in your inbox?

Get valuable UTH Houston well-being updates, news, and resource links when you check your LinkedIn.

Click the link to join, or search LinkedIn groups for: Employee Assistance & Well-being Programs - UTH Houston.

Congratulations
UTHEALTH HOUSTON!

1ST PLACE LARGE INSTITUTION CATEGORY



Fall Into Fitness

Way to go, team! UTHealth Houston won **1st place** in the **Fall Into Fitness** step challenge hosted by UT System. This competition pits UTHealth Houston against the other UT System large institutions! We had a total of 286 registered participants, with a 48% completion rate!

We hope Fall into Fitness encouraged you to increase your physical activity throughout your day. We are delighted to see the camaraderie and connections you have built in the past 4 weeks. We hope your wellness journey continues well beyond this program.

Individual Rewards

Participants who reached a minimum of 40,000 steps each week were entered into a random drawing for the prizes. The winners were:

Week 1: Weighted blanket - Kristi N.

Week 2: Victrola suitcase record player - Victoria P.

Week 3: Nespresso coffee/espresso machine - Elmer S.

Week 4: Patio fire pit - Grizelda B.

We hope to see you for the next fitness challenge!

Ask about the next
challenge



Mon Link

Wed Link

Thurs Link

On demand

Join in - 15 minute virtual meditation

Focus for this month: **Uncluttered mind**

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*

Employee Assistance and Well-being Programs
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