

Employee Assistance and Well-being Programs

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

February Wellness Newsletter 2022

Red Alert February 4



Friday, Feb. 4, is Go Red for Women Day in support of the American Heart Association's effort to bring awareness to the issue of heart disease in women.

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year, or approximately one woman every minute. Additionally, February is National Heart Month, and Go Red Day doubles as an unofficial kickoff for the high profile issue of eradicating heart disease and stroke.

The Office of Employee Assistance and Well-being Programs invites all UTHHealth Houston students, faculty, and staff to don their favorite red clothing on Friday and show support during virtual calls, in-person meetings, client or patient visits, etc. You can even get your family involved by dressing your children, spouse, partner, or fur babies in red.

Take screenshots or photos of your team or family wearing red and send them to SocialMedia@uth.tmc.edu, and our university communications team representative will include them on social media and in a Flickr album.

New UTHealth Wellness Podcast

WELL CONNECTED



The goal of the Well Connected podcast is to create opportunities for employees to connect-the-dots between three things:

- What's going on in our head
- How these thoughts and feelings affect our well-being and
- Where I can access resources through the University to assist me

Well Connected is a podcast for faculty, staff, residents and fellows of UTHealth, brought to you by the UTH Employee Assistance and Well-being Programs office.

[Listen to Episodes 1 & 2](#)

Coming to the podcast in February & March

- How to ask for help
- Compassion fatigue

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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