

Employee Well-being Newsletter

July 2022

Employee Assistance and Well-being Programs

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



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LCDC, CGCS
Senior Assessment and Referral Specialist

[EAP Website](#)

July podcast - Taking care of ourselves while taking care of others

July's episode of Well Connected is for our listeners who are parenting children, serving as a caregiver for adult loved ones, providing patient care - or all three! Listen as mental health practitioner Sharlene Johnson and co-hosts Anna Alvarado and Julie Van Orden discuss how to avoid the loss of personal identity when providing long term care for others. Learn tips and tools for self-care and how to access resources at no cost, or low cost through UTHealth.

Now available on Spotify.



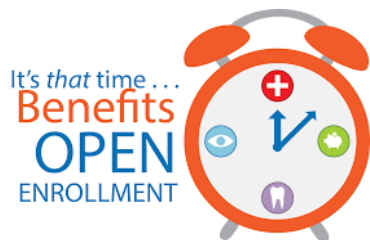
[Webex link](#)

Let's listen together & chat - July 12 @noon

July podcast - Taking care of ourselves while taking care of others

Join us for our first ever virtual listening event, including live virtual chat and conversation following the podcast.

Listen together is our newest way to connect and chat about important wellness topics.



UTH Houston Office of Employee Benefits

[Details](#)

Benefits - Open enrollment - July 13

The UTHealth Houston Office of Benefits team will host its first in-person Annual Employee Benefit Fair since the pandemic, from 10 a.m. to 3 p.m. Wednesday, July 13, in the atrium area of the Faye S. and Susan K. Sarofim Research Building, 1825 Pressler St. Houston, TX 77030. Parking available next door at UCT building or use the UTH shuttle free with your ID badge.

The event is open to all active and retired employees, and is an opportunity to ask providers questions. The event will also include fun games with prizes.



Take the
poll

Be entered in drawing!

Answer three wellness questions and
be entered to win a blue tooth speaker!

Your employee well-being team wants to learn from you
as we continue to strive to meet your wellness needs.
Please click your response(s) to three questions and you
will be entered into a drawing for a chance to win a blue
tooth speaker.



Join in - 15 Minute Virtual Meditation Focus for July: *Self-care*

Mondays

12:00pm - 12:30pm

In person @ 12 noon JIL 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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