

## Employee Well-being Newsletter

June 2022

Employee Assistance and Well-being Programs

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



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AZ Dept of Health Services

[Listen](#)

### June podcast - Social connection, isolation and hopefulness

Tune in to the Well Connected podcast and listen as guest Wayne Tormala and hosts Anna Alvarado and Julie Van Orden discuss how we are "wired" for social connection. Gain insights about isolation, hear real stories and receive tools for regaining hopefulness during times of loneliness and despair. Learn how you can access resources at nominal or no cost through UTHealth.

# WELL CONNECTED

Employee Assistance and Well-being  
Programs

[Join](#)

### Join the conversation via your Well Connected MS Teams channel

Continue the conversation from our podcast on social connection, isolation and hopefulness. Share your thoughts, beliefs, journey and take-aways.

The Well Connected Teams Channel is a safe space for UTHealth employees to engage in meaningful conversations regarding well-being. Connect with colleagues by sharing experiences, and find comfort in knowing that we are not alone in our journey.



### Social Connectedness and Well-being

Social well-being is part of our total life wellness. Social well-being pertains to our

ability to make and maintain meaningful positive relationships and regular contact with other people in our world – family, friends, loved ones, neighbors, co-workers, etc. For many of us, our social well-being has been challenged in the recent past and may continue due to work from home or hybrid work schedules. Many fill the in-person void with virtual alternatives to stay connected while others deepen their relationships with quality in person time with family and friends.

Our ability to thrive is personal and unique to each of us and may vary from situation to situation prompting feelings of isolation, disconnection, depression and more. There is a way through challenging times.

If you need help working through your feelings, emotions, challenges and victories related to your social well-being, the Office of Employee Assistance and Well-being can help.

Call us directly at (713) 500-3327 or visit us at [go.uth.edu/wellbeing](https://go.uth.edu/wellbeing).  
Confidential and No Cost.  
UTHealth employees and their dependents are eligible.



### Join in - 15 Minute Virtual Meditation Focus for June: **Connection with others**

#### 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

Mon Link

Wed Link

Thurs Link

On demand

Employee Assistance and Well-being Programs  
713-500-3394 or email [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)

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