

## Employee Well-being Newsletter

May 2022

Employee Assistance and Well-being Programs

This edition recognizes May - Mental Health Awareness and is dedicated to: Those suffering, those who know someone who is suffering and those who have lost a loved one(s) as a result of issues related to mental health.

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

### WELL CONNECTED

Employee Assistance and Well-being  
Programs

Join

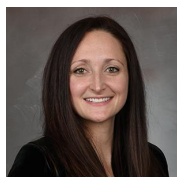
Learn more

#### Join - Well Connect Teams Channel

Join now! | Ongoing

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

Each month, the discussion will focus on an aspect of well-being related to an upcoming/current event or activity. The month of May will address mental well-being and how it can be intertwined with our occupational well-being.



Robin Dickey, PhD, LPC  
Sr. Faculty Assist. Specialist  
Academic Ombuds

Listen

#### Listen - Compassion Fatigue Podcast

Listen now! | On demand

Tune in to the Well Connected podcast and listen as Dr. Robin Dickey discusses the difference between compassion fatigue and burnout, including signs, symptoms and self-care related to compassion fatigue. Learn how you can access resources at nominal or no cost at UTHealth.



Wayne M. Tormala, MSW  
Bureau Chief (ret)  
AZ Dept of Health Services

Register

#### Attend - Recapturing the Soul of our Work: Returning to the "Why"

MAY 4 | Noon - 1:00 p.m.

Online and in person - Beth Robertson Auditorium,  
Sarofim Research Building, 1825 Pressler St.

Join Wayne Tormala MSW and EAP Executive Director Monica Guidry, LCSW, ACSW for a conversation on recapturing the soul of why we chose our profession and getting in touch with our purpose and sense of mission, which often gets lost in the rush and chaos of our work.



Sponsored by the Departments of:  
Emergency Medicine Anesthesiology  
Pulmonary Critical Care Psychiatry

Register



#### Attend - Grand Rounds Protecting our Well-being

MAY 5 | 11:00 a.m. - noon

Online and in person - MSB 1.006 . In person is limited to participants from sponsorship departments listed beneath the MMS image.

Live stream - all other participants

Wayne Tormala MSW discusses our capacity to care for others and its dependence on our capacity to care for ourselves. This session will delve into the four levels of caring (sympathy, empathy, compassion, and altruism), and explore ways in which we can identify where we truly are, and practice ways to "listen within" as we translate our thoughts and feelings into actions that can increase our sense of well-being and sustainable balance.

#### Listen - Women in Leadership Replay Grace for Others & Compassion Fatigue



Monica Guidry, LCSW, ACSW  
Executive Director, EAP

[Listen](#)

On-demand

In this episode of the Women in Leadership Seminar Series, listen as Monica Guidry, LCSW, ACSW discusses the importance of giving and asking for grace during challenging times.



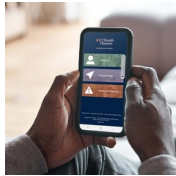
Elaheh Ashtari, Psy.D.  
Clinical Assistant Professor of Psychiatry

[Listen](#)

### Listen - Asking for Help

On-demand

Asking for help can be a challenge for most of us. In this episode, EAP Executive Director, Monica Guidry speaks with Dr. Elaheh Ashtari, a clinical and forensic psychologist and they explore the reasons why it can be difficult to ask for help,



[Info](#)

### Download - UTH Houston Mobile App

Download the free UHealth Houston mobile app and you will always be just 2 taps from quick access to mental health resources. Visit your mobile device app store, search: *UHealth Houston*, and install the app. After opening the app, tap *Safety & Emergency*, then *Mental Health & Well-being*. Essential mental health phone numbers and information will display.



[Mon Link](#)

[Wed Link](#)

[Thurs Link](#)

[On demand](#)

### Join in - 15 Minute Virtual Meditation

Focus for the May: Nurturing Self

#### 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

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

University of Texas Health Science Center at Houston | 7000 Fannin Street, Suite 1670,  
Houston, TX 77030

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