

## Employee Well-being Newsletter

November 2022

Employee Assistance and Well-being Programs

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



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.



Peter Dunn, a.k.a. Pete the Planner

Podcast webpage

### November Well Connected podcast

*Cost of convenience: Are we paying the price?*

Meal delivery, grocery delivery, subscriptions and more! Listen as we explore the rise and evolution of convenience spending with **Peter Dunn a.k.a. Pete the Planner®**. Pete shares his financial wisdom and expertise on our podcast to help us answer the question: ***Is trading time to save money always the right trade off?***

Pete is a USA TODAY columnist and the author of ten books. He is the host of *The Pete the Planner Show*, a popular radio show and podcast. Pete has appeared regularly on CNN Headline News, Fox News, Fox Business as well as numerous nationally syndicated radio programs.

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

### Join in - 15 minute virtual meditation

Focus for this month: **Giving thanks**

*Attend in November & you may win a yoga mat!*

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*

Mon Link

Wed Link

Thurs Link

On demand

## HOW QUITTING TOBACCO HELPS YOUR BODY

**48 HOURS**  
Ability to smell and taste is enhanced

**2-WEEKS to 3-MONTHS**  
Walking becomes easier

**1 to 9 MONTHS**  
Body's overall energy increases

**1 YEAR**  
Excess risk of coronary heart disease is half that of a non-smoker

**5 YEARS**  
Lung cancer death rate decreases by almost half

**10 YEARS**  
Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decreases

### Tobacco cessation

*Quitting tobacco helps your body immediately!*

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

If you need extra support when you're ready to quit using tobacco, the UT SELECT and UT CONNECT Medical plans **cover a variety of options at no out-of-pocket cost** to help you succeed.

[Visit cessation website](#)

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

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