

## Employee Well-being Newsletter

APRIL 2023

Employee Assistance and Well-being Programs

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



Rev. Dr. Gale Francine Kennebrew  
Director of Spiritual Care and Education  
The University of Texas MD Anderson Cancer Center

### April Well Connected Podcast

*The Personal Nature of Spirituality*

Join us in exploring personal definitions of spirituality and updating them to include aspects of our lives when we experience spectacular displays of nature, the awe of wonder, our divine purpose, a relationship with God, or even the driving forces that help us get up each day to live life.

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

Listen to Episode

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Living Well  
Platform

#### **Weekly drawing for rewards:**

- Week 1: Herb growing kit
- Week 2: Health monitoring kit
- Week 3: Crockpot electric lunchbox
- Week 4: Theragun deep tissue massager

### Sign-up! Step challenge has started

*Spring Forward*

The new Living Well Platform brings you the UT System Physical Activity Challenge, *Spring Forward*.

1. Challenge runs April 3 - April 30.
2. You can sign-up anytime throughout the challenge. If you join after April 3, you can backlog your steps to April 3 but if you join later than April 17, you can only backlog two weeks of steps.
3. Assemble a team of 5-7 members. Competitive teams must have 5-7 members but you may join individually if you want to challenge *yourself* and do not want to participate in the competitive side of the activity.
4. Teams should choose a team captain and team name.
5. Sign into (or sign-up for if you are a newby) the Living Well platform. Go to profile Settings and sync your wearable device (not required) to track your daily steps/physical activity. Track manually on the platform if you do not sync a device.
6. From the landing page look for the Spring Forward Challenge in the feed or locate it under the Discover tab on the top menu.
7. The last day to log is May 3.

Join today and help us keep the traveling trophy this season!

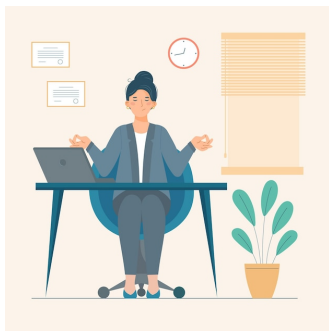
# Do You Know?

[Learn more](#)



## Do You Know...

...faculty and staff have access to **Your Money Line**, a private, personal, confidential financial wellness platform owned and operated by Peter Dunn, one of the top four national experts in personal finances.



[Mon Link](#)

[Wed Link](#)

[Thurs Link](#)

[On demand](#)

## 15 Minute Virtual Meditation

Focus for this month: **Awe & Wonder**

### 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*

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