

## Employee Well-being Newsletter

December 2023

Employee Assistance and Well-being Programs

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



Jasmine Holmes, MA, LPC  
Faculty Assistance Specialist  
Employee Assistance and Well-being Programs

Listen to Episode 24

### December podcast *Making Holiday Social Gatherings a Place of Well-being*

Listen as Jasmine Holmes shares her insights about the value of social connections on well-being. Jasmine also talks about the role flexibility and expectations play in positive outcomes during holiday gatherings.

Social Well-being is one of the Eight Dimensions of Wellness, according to the Substance Abuse and Mental Health Services Administration (SAMHSA)

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

### Fall into Fitness Results

Thank you for participating in the Fall into Fitness step challenge! You did a great job! UTHealth Houston finished 4th out of 5 in the Large Institution Category. UTHealth Houston had 251 participants who formed 68 teams. The winning institution is determined by having the highest number of teams who "complete" the challenge. A team was considered a "completer" if their member's combined step total was at least 1 million steps over the six-week challenge. Our completion rate was 60%, meaning 60% of our 68 teams logged at least 1 million steps over the six-week challenge. Way to go!



Each week of the challenge we put all our team members' names into a randomizer and drew a name for that week's prize. Below are our prizes and winners for each week of the challenge. Congratulations!

**Week 1:** Picnic blanket - *Anahi O.*

**Week 2:** Meal prep glass containers - *Lindsay P.*

**Week 3:** Hydration backpack - *Dana A.*

**Week 4:** 6-person camping tent - *Richard H.*

**Week 5:** 2-player pickleball set - *Michelle R.*

**Week 6:** Portable grill - *Angelica S.*

Do  
You  
Know?

**DISCOUNT**  
Purchase Program  
administered by BENEPLACE

### Do You Know...

...as a UTHealth Houston faculty, staff, resident, or fellow you have access to discounts through the State of Texas discount website and also the UTHealth Houston discount site.

[State of Texas Discount Site](#)

[UTHealth Houston Discount Site](#)

### Login & Engage for Chance to Win

LivingWell



All UTHealth Houston UT Select subscribers (BCBSTX) who are registered on the Living Well platform **and/or** who have engaged in the platform this quarter (Sep-Nov) to take the well-being assessment, participate in the step challenge, read or engage in one of the resources, etc. will automatically be entered for a quarterly prize drawing to we held the first week of December.

Visit the site today to be eligible for this, or the next quarterly drawing.

[Visit Living Well Platform](#)



[Mon Link](#)

[Wed link](#)

### 15 Minute Virtual Meditation

Focus for this month: **Compassionate Heart**

Mondays

12:00pm - 12:30pm

In person @ 12 noon JIL 454

Wednesdays

12:00pm - 12:15pm

Can't make it to one of these sessions?  
We have On Demand sessions available!

On demand

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

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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