

## Employee Well-being Newsletter

February 2023

Employee Assistance and Well-being Programs

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



Phuong Nguyen  
Associate Professor of Surgery  
McGovern Medical School

[Listen to Episode 14](#)

### February Well Connected podcast

**Beyond the Operating Room:**

**The role of music in well-being**

Listen at the end to an original acoustic song written and played by our guest Dr. Phuong Nguyen.

In this episode, Dr. Nguyen shares about his life as a surgeon and also living out his creative nature as a singer, song-writer and guitarist. We cover a lot of ground in this episode as the conversation moves from medicine and music, into purpose and measuring ourselves through internal metrics rather than external ones.

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



### Mental health help

**At your fingertips**

#### DOWNLOAD

Search UTHealth Houston and download the app

#### CLICK

Click Mental Health & Well-being tile on bottom left

#### SCROLL

Scroll services and phone numbers

[Learn more](#)



[View locations to join a team walk near you](#)

## Heart Walk - 10, 10, & 10

Calling all wellness enthusiasts!

Join the 2023 UT System Heart Walk on February 10 @ 10:00 a.m. for a 10-minute walk.

**No registration required**

Join wherever you are, individually, with your work team, your family or your fur baby!

**Wear RED!**

Post photos on our [Teams page](#)

Post photos on our [Linkedin Group](#) page

Questions: Contact [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)



Heart Walk 2019 - HCPC

## Do you know...

...faculty and staff are eligible for five (5) free mental health counseling visits, per issue, with credentialed

# Do You Know?

[EAP website](#)

practitioners. Contact our office during business hours to get connected with a qualified, networked provider.

Faculty: 713-500-3880

Staff: 713-500-3327.

Available 24/7/365 **for urgent issues**. Non urgent, please call during business hours.

**Private, confidential, no copay.**



30 seconds to mindfulness

*by McGovern Medical School*

[Take me there now](#)



Join in - 15 minute virtual meditation

Focus for this month: **Love & compassion**

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](#)

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*

Employee Assistance and Well-being Programs  
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