#UTHealth Houston

Employee Well-being Newsletter

January 2023 Employee Assistance and Well-being Programs

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



Newton Cheng Director of Health + Performance Google

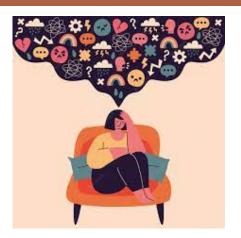
Listen to Episode 1-23

January Well Connected podcast Journey to mental well-being

Listen as our guest Newton Cheng shares his successful journey to mental well-being after experiencing burnout and taking mental health leave from his leadership position at Google.

Newton is a husband and father, competitive powerlifter, and is Director of Health + Performance at Google. He takes a special interest in the intersections of human performance and spirituality, and is an advocate for speaking vulnerably about mental health.

Also available on Apple, Google and Spotify



Listen to Episode 3 - Mental Health: How to ask for help

Mental health help

January typically is the month that many use to reset their goals and motivation towards an improved outcome. This is a quick reminder that our mental wellbeing is not separate from the other dimensions of wellbeing. For many, the first step of the process of change is to objectively assess where we are, where we want to be and how we get there. As we look to reset those goals or have a desire to stay more focused on these new behaviors, remember we do not have to do it alone.

For urgent or immediate assistance, call 713-500-3327. Additionally, Episode 3 of the Well Connected podcast offers valuable insight on how to seek out mental health services as EAP Executive Director, Monica Guidry speaks with Dr. Elaheh Ashtari. Dr. Ashtari, a clinical and forensic psychologist about this important topic.



wondr^{*}

Do you know...

...there are six (6) digital options for engaging with your Employee Assistance and Wellbeing resources:

- 1. Well Connected Podcast via Spotify, Apple, Google, UTH Houston podcast page
- 2. Linked Group: Employee Assistance and Well-being Programs - UTH Houston
- 3. MS Teams Group: Well Connected
- 4. EAP and Well-being website
- 5. Employee Assistance and Well-being Programs Newsletter
- 6. Living Well platform

This year, say yes to you.

LivingWell

Reimagine New Year's resolutions and make a lasting change with Wondr—a digital weight loss program tailored to you. Jan G.

Space is limited.

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Learn more at wondrhealth.com/LivingWell

Take me to wondrhealth.com/livingwell

Join in - 15 minute virtual meditation

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Mondays 12:00pm - 12:30pm In person @ 12 noon JJL 454 Wednesdays 12:00pm - 12:15pm Join by phone: 1-844-621-3956 Access code: 803 952 424		Focus for this month: Hope in the New Year
Wednesdays 12:00pm - 12:15pm Join by phone: 1-844-621-3956		12:00pm - 12:30pm
12:00pm - 12:15pm Join by phone: 1-844-621-3956		
		12:00pm - 12:15pm
Thursdays		•
4:15pm - 4:30pm Join by phone: 1-844-621-3956	· · · · · ·	
Access code: 803 065 284		
Mon LinkCan't make it to one of these sessions?We have On Demand sessions available!	Mon Link	
Wed Link Meditation leader Wed Link Alejandro Chaoul, PhD Huffington Foundation Endowed Director The Jung Center's Mind Body Spirit Institute		Alejandro Chaoul, PhD Huffington Foundation Endowed Director The Jung Center's <i>Mind Body Spirit Institute</i>
Thurs Link Adjunct Faculty, UT Medical School and MD Anderso Cancer Center		
On demand	On demand	

Employee Assistance and Well-being Programs 713-500-3394 or email wellness@uth.tmc.edu

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