

## 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 well-being is not separate from the other dimensions of well-being. 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.

# Do You Know?

Do you know...

...there are six (6) digital options for engaging with your Employee Assistance and Well-being 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 EAP and Well-being website](#)
4. [Employee Assistance and Well-being Programs Newsletter](#)
5. [Living Well platform](#)

**wondr™** LivingWell  
make it a priority

# This year, say yes to you.

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

**Jan G.**  
wondr PARTICIPANT

**Space is limited.**  
Learn more at  
[wondrhealth.com/LivingWell](https://wondrhealth.com/LivingWell)

Take me to [wondrhealth.com/livingwell](https://wondrhealth.com/livingwell)

Join in - 15 minute virtual meditation

Focus for this month: **Hope in the New Year**



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

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

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