

Please click the link below to view your customized EAP newsletter webpage. This includes Frontline Employee & Supervisor newsletters.

[DOWNLOAD NEWSLETTERS](#)

800-346-3549

WWW.UTEAP.ORG



Connect with nature: Experience

Nature is all around us. So while there are some great places you can go to experience nature, you can also find it in your own backyard.

This month, find tips to help you prioritize taking a vacation or staycation as well as ideas about spending some extra time experiencing nature.



Your mental well-being can impact your heart health

Studies show that emotional risk factors for heart health include:

- Prolonged stress
- Depression
- Responding to stress with anger

Coping well with life's pressures can protect your physical health. Keeping calm in the face of stress can make a difference for your heart.



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

[See upcoming webinars.](#)

UTEAP | 7000 Fannin Street, Houston, TX 77030

[Unsubscribe julie.a.vanorden@uth.tmc.edu](mailto:julie.a.vanorden@uth.tmc.edu)

[Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)

Sent by jacob.thomas@uth.tmc.edu