

Employee Well-being Newsletter

MAY 2023

Employee Assistance and Well-being Programs

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



Robin Dickey, PhD, MA, LPC-S, ACC, NBC-HWC
Sr. Faculty Assistance Specialist
Academic Ombuds

May - Well Connected Podcast

Your own version of work-life well-being

Robin Dickey, PhD explains, “Work-life priorities vary from person to person. Priorities and needs may shift from day-to-day, even moment-to-moment”, furthering the case that balance, per se, may not be the most helpful goal and it certainly is not a one-size-fits-all remedy.

In this episode we share real life experiences and explore ways to personalize our journey to work-life well-being.

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

[Listen to Episode 17](#)



Rethinking Balance in Work-Life Well-being

The concept of balancing work-life well-being is changing as researchers and practitioners have come to examine and better understand the process. Monica Guidry, Associate Vice President for the Employee Assistance and Well-being Programs office (EAP) and an active mental health practitioner says, “The reason we prefer to avoid the word ‘balance’ is that, by definition, balance assumes that there is something that will make everything symmetrical, even-stein, or equal.” Guidry states, “Our goal as counselors in EAP is to help provide resources and services for individuals to identify ways to create harmony among their many priorities, responsibilities and desires. It is not about balancing these.”

[More](#)

[Read entire article](#)



May - Mental Health Awareness Month

This month we focus on raising awareness about mental health and wellness in order to educate and reduce stigmatized thinking. Take steps to improving your mental health and wellness by identifying signs you may need a mental health check-up, accessing resources in your community, and engaging in activities that promote wellness.

If you or someone you know needs assistance with mental health and wellness, contact the Employee Assistance and

[Visit website](#)

Well-being Programs office at:

- 713-500-3880 (faculty)
- 713-500-3327 (staff)
- go.uth.edu/wellbeing

Do
You
Know?

Do You Know...

[Learn more](#)

...faculty and staff are eligible for five (5) free **mental health counseling** visits, per issue, with credentialed practitioners. Contact our office 24/7/365 to get connected with a qualified, networked provider: Faculty - (713) 500-3880, Staff - 713-500-3327. Private, confidential, no copay.



15 Minute Virtual Meditation

Focus for this month: **Breathe to Relieve Stress**

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

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