

Employee Well-being Newsletter

OCTOBER 2023

Employee Assistance and Well-being Programs

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



Claire Goss

Child development educator, researcher, writer

[Register & explore Bright Horizons](#)

[Questions? Call Bright Horizons](#)

[Review program details](#)

October podcast

Reducing Working Parent Stress & Guilt

Listen as Claire Goss shares insights on the unprecedented challenges facing professional parents today as they manage the interface between work and life. Claire offers tangible tools for dealing with the stress and guilt associated with being a working parent. She discusses concepts such as "bringing the weather" to your household and "firing yourself" by delegating, redirecting, and deploying resources.

Claire is the Senior Manager for Parenting Education and Resources at Bright Horizons, a service that provides family caregiver solutions for families of UTHealth Houston. This benefit includes 10 days of emergency/backup child or adult-dependent care provided by Bright Horizons and the employee pays a nominal copay, while UTHealth Houston subsidizes part of the cost of those 10 days. Our contract with Bright Horizons also offers a network of family solutions on a self-pay basis and the subscription to this network is already paid on behalf of employees through the UTHealth Houston contract with Bright Horizons.

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

[Listen to Episode 22](#)



Register today!

The [Living Well Platform](#) brings you the UT System Physical Activity Challenge, *Fall into Fitness*.

It begins Monday, October 2 and ends Sunday, November 12. This season's 6-week challenge is a team challenge where participants will create a team of 3-5 members. Track your daily steps/ physical activity to help your team reach the challenge goal of 1 million combined total steps.

UT System will award the UT institution with the greatest completion rate the coveted Traveling Trophy! Help UTHHealth Houston bring back the trophy this season!

Challenge Dates

October 2 - November 12

How to Join

Step 1: If you haven't done so, create a profile on the [Living Well Platform](#)

Step 2: Sync your fitness device (optional)

Step 3: On October 2, you will be able to join the Fall into Fitness challenge on the Living Well Platform to start earning points

Rewards

Participants who reach a minimum of 50,000 steps per week will be entered into a random drawing for the following prizes:

Week 1: Picnic blanket

Week 2: Meal prep glass containers

Week 3: Hydration backpack

Week 4: 6-person camping tent

Week 5: 2-player pickleball set

Week 6: Portable grill

Register today



Do You Know?

LivingWell

Do You Know...

...you can take a well-being assessment on the Living Well platform and customized content specific to your health and wellness interests/needs will be delivered as content directly to you on your Living Well platform account.

Sign up, create your profile, and take your well-being assessment today!

Sign up



Mon Link

Wed link

15 Minute Virtual Meditation

Focus for this month: [Igniting your inner fire](#)

Mondays

12:00pm - 12:30pm

In person @ 12 noon JIL 454

Wednesdays

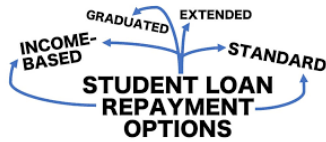
12:00pm - 12:15pm

Can't make it to one of these sessions?
We have On Demand sessions available!

Meditation leader

On
demand

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



Learn more

Register

Want Help Understanding Your Student Loan Repayment Options & Obligations? *Your Money Line has Answers - No cost*

The U.S. Department of Education's COVID-19 relief for student loan borrowers is ending this fall. Student loan interest resumed on Sept. 1, and payments will be due starting in October. Your Money Line, a free confidential resource provided by UTHealth Houston can help you navigate this new financial reality if you have student loans. Their certified financial coaches can work with you (or your spouse and dependents ages 18-25) via phone, email, or live chat to answer your financial questions. Call them at 1-833-890-4077, email them at answers@yourmoneyline.com, or live chat or register [here](#).

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

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