

Employee Well-being Newsletter

March 2024

Employee Assistance and Well-being Programs

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



Meditation Leader: Alejandro Chaoul, PhD
Huffington Foundation Endowed Director
[The Jung Center's Mind Body Spirit Institute](#)
Adjunct Faculty, McGovern Medical School at UTHealth Houston and
MD Anderson Cancer Center

April podcast

The Role of Purpose in Our Lives

Listen as Dr. Chaoul shares insights into the pathways to our life's purpose.

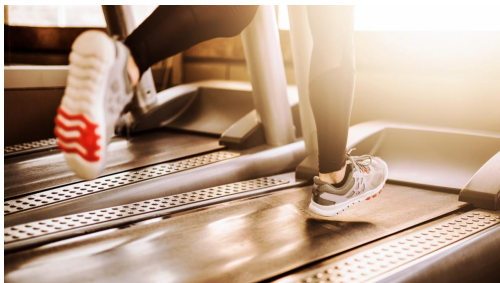
Topics:

*Does everyone have a purpose?
Do we seek purpose or does it find us?
How do we manifest our purpose?
Where does our purpose live?
Can our purpose change or evolve?
...and more!*

Available on [Apple](#) and [Spotify](#)
(no account needed, just click to access)

[Listen to Episode 29](#)

"Earn minutes" for your wellness challenge team by listening to the podcast! See Spring Forward below!



Grand Opening April 15 Fitness Center at McGovern Medical School

Membership is open to students, residents, faculty, and staff of UTHealth only and includes dual membership to the McGovern Medical School Fitness Center and the Recreation Center. Both facilities are included at no additional charge for all UTHealth students paying student service fees. Exceptions: MMSI to II and other schools not enrolled in summer classes will need to purchase a membership for summer access. For faculty, staff, and residents, membership must be paid by EFT only.

- **1,800** square-foot space
- **Location:** Penthouse floor of the McGovern Medical School
- **Address:** 6431 Fannin Street
- **Amenities:** Unstaffed satellite facility, two single-user restrooms with showers, daily lockers with programmable locks while working out, and a concise range of cardio and resistance machines to ensure a full body workout.

[Learn more OR
join](#)

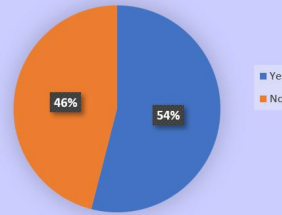
POLL RESULTS



Visit our Website

94 Responses Received to Our April Poll

ARE YOU AWARE YOU CAN HAVE 5 FREE COUNSELING VISITS (PER ISSUE) THROUGH THE EAP?



Can you give yourself 45 minutes of wellness for the next 4 weeks?
Form a team of 3-5 members and join the spring wellness challenge

Ways to earn minutes each day of

Physical:

walking, running, weightlifting, hiking, yoga, group fitness classes, stretching, etc.

Mindfulness:

mindful breathing, meditation, body scan, gratitude exercise, grounding exercise, listening to the **Well Connected Podcast**

What is the Spring Forward Challenge?

- Spring Forward is the UT system-wide team challenge hosted on the UT Living Well Platform powered by Limeade.
- Employees across UTHouston can form a new team or join an existing one upon challenge registration beginning Monday, April 1st. Each team will have 3-5 members.
- The goal is for each team to collectively log **4,000 minutes** of activities that exercise your body or mind including: walking, gardening, running, biking, meditation, yoga, etc.

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

Challenge Dates

April 1 - May 5

How to Join

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

Step 2: Form a team of 3-5 members and register for the Challenge on April 1, using the Living Well Platform.

Step 3: Start counting your minutes. You can write them in or sync your fitness device (optional)

Rewards

Participants who reach a minimum of **300 minutes each week** will be entered into a random drawing for the following prizes:

- Week 1:** Herb garden kit
- Week 2:** Outdoor game combo set
- Week 3:** Noise-cancelling headphones
- Week 4:** Electric grill
- Week 5:** Cooler backpack



Register now

TAKE OUR POLL

Listen to the *UTHealth Houston Well-Connected* podcast on [Apple](#) and [Spotify](#).



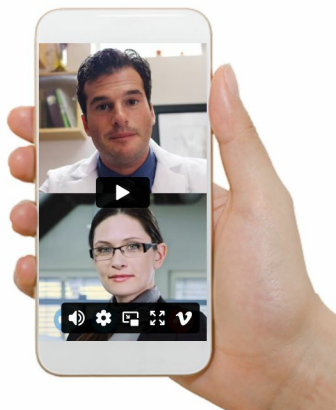
APPROXIMATELY HOW MANY TIMES HAVE YOU LISTENED TO ONE OF OUR PODCASTS?

None

1-2

3-4

5+



Learn more

MDLIVE Virtual Visit
Board-certified doctors
Licensed therapists



You may want a virtual visit:

Instead of going to the ER or urgent care for non-emergency visits

If your doctor is booked

Winner of 2nd Quarter Drawing



This month's winner of a bluetooth speaker is:
Sa'Misty U.
Congratulations!

Each quarter we draw a name from a list of users who have accessed the Living Well platform. Register or visit your existing account regularly to be entered into the drawing.

Register or
visit

15 Minute Meditations April topic: *Meditation for Goal Setting*



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Monday link

Monday is a hybrid session
@ 12-12:30 pm
Location: JLL-454

Wednesday
link

Wednesday is a virtual session
12-12:15 pm

Visit our
Website

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

 **UTHealth Houston**