

Employee Well-being Newsletter

May 2024

Employee Assistance and Well-being Programs

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



Elaheh Ashtari, PsyD
Chief, Psychology Services, UTHealth Houston Dunn Campus

May podcast Shedding Light on the Invisible Wounds of Trauma

Listen as Dr. Elaheh Ashtari shares insights on psychological trauma.

Topics:
What is psychological trauma?
Are there levels of trauma?
Are triggers a real thing?
Are trauma and PTSD the same?
What is trauma-informed care?
...and more!

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

Listen to Episode
30



Visit the Employee Assistance and Well-being website

May is Mental Health Awareness Month

Get to know the UTHealth Houston Mental Health and Well-being Line

Dial 713-500-9888

- Students: Press 1
- Faculty: Press 2
- Staff: Press 3
- Residents and fellows: Press 4
- For options in Spanish: Press 9

Save the number in your phone for easier access to resources.

Log Your
Minutes Here

UTHealth Houston is in 2nd place. Let's get to #1!

If every team gets their 4,000 total team minutes logged, we can win!

Week 4 Reward:
Electric grill
Drawing 5/1

Week 5 Reward:
Cooler backpack
Drawing 5/8

You can look back and log up to two weeks retroactively!

Look back at your wearable device app, your calendar, and log your:

Mindfulness practices

Dog walking adventures

Throwing the ball with your children

Gardening/yard work

Dancing the night away

Spiritual worship

Physical fitness

Meditation

Wellness podcasts

Prayer time

Relaxation breathing

Physical therapy

Stretching

Journaling, etc.

Individuals who reach a minimum of 300 minutes each week will be entered into a random drawing for the weekly rewards.

There's still time to win a reward too!

Week 5: Winner to be drawn on 5/8

Week 4: Winner to be drawn on 5/1

Week 3: Shanequa B.

Week 2: Monika S.

Week 1: Stacy G.



TAKE OUR POLL

Did you know UTHealth Houston has nursing mother rooms throughout the TMC & in other locations?

Yes

No

Are you ready with summer care for your children?



Available through UTHealth Houston's Bright Horizons Services

Must set-up an account with your @uth email address to access available UTHealth Houston resources

- Fully paid subscription to SitterCity.com & access to other programs, such as Steve & Kate's summer camp, and other discounts via other BH companies. This is a self-pay solution but your subscription to the network is already paid for by UTHealth Houston.
- In-home care: Up to 10 days of back-up caregiver services (children and adults). A copay applies. Must use a provider in the Bright Horizons network. The 10 days can be used for In-home or In-center care (or combo) but it is not 10 days for each. It is

- 10 days total uses.
- In-center care: Up to 10 days of back-up caregiver services (children only). A copyay applies. Must use a provider in the Bright Horizons network. The 10 days can be used for In-home or In-center care (or combo) but it is not 10 days for each. It is 10 days total uses.

Register for Bright
Horizons

More information

Financial well-being can help mental health



YOUR FREE FINANCIAL WELLNESS BENEFIT

Empower yourself financially for mental health awareness month

This Mental Health Awareness Month, focus on your financial wellness too. Financial stress can take a toll, but you don't have to go at it alone. Your Money Line is here to help you manage your money and reduce anxiety, so you can feel more empowered and in control.



Online tools to track
your budget, debt,
and more



Helpful content on
common money
challenges



Unlimited, free
sessions with certified
financial coaches

**Connect with our team
of experts today**



yourmoneyline.com/uthealth



answers@yourmoneyline.com



833-890-4077

Learn more

10 Ted Talks for when you feel burned out



KNOW & USE YOUR BENEFITS

Access the Ted
Talks



Selected for you by your UT Select
BCBSTX health benefits provider



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

15 Minute Meditations May topic: *Uncluttering the mind*

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



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