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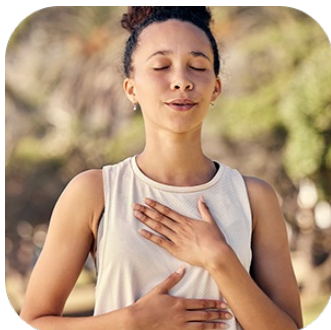


Inspiration within reach: Mind

Has the new year left you wondering what happened to the “old” year? Make it a resolution to slow time down a little – if only in the way you perceive it. This month’s resources can give you more ideas that can help make 2025 the best year it can be.

[View the monthly features](#)

Monthly Awareness



Mental wellness

January is Mental Wellness Month.

Think Tank



Day-to-day mindfulness

Life's Moments



Change in state of mind

Listen in to learn how practicing mindfulness benefits your overall well-being.

[Read the article](#)

[Listen](#)

Moving can be an exciting adventure and a daunting challenge, especially if it's a move out of state.

[Read the blog](#)

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 US

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