

Employee Well-being Newsletter

May 2025

Employee Assistance and Well-being Programs

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



José David, LPC, LMFT, CEAP
Director of Employee Assistance & Well-being Programs

Listen as Licensed Marriage & Family Therapist, José David, helps us understand and learn to work together when facing household challenges over roles and responsibilities.

May Podcast

Managing the Division of Labor In the Household

Learn about:

- Sources of contention
- Contributing factors
- Communication pitfalls
- Mental load
- Emotional labor
- Tips and tools for success
- and more!

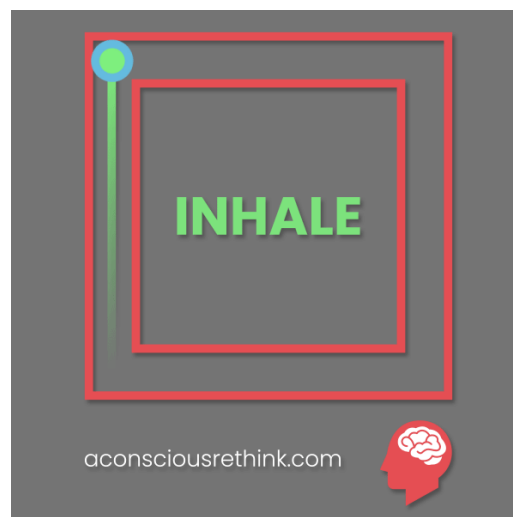
Listen on
Spotify

Listen on Apple

Listen on
Intranet

Mindfulness Minute - Box Breathing

Activate your parasympathetic nervous system, slow your heart rate and your respiratory rate, calm your mind, and re-engage your cognitive alertness.





Guest: Peter Dunn a.k.a. Pete the Planner is an award-winning financial expert. He's a USA TODAY columnist, the author and the CEO and Founder of Your Money Line. Pete is also the host of a popular radio show and podcast The Pete the Planner Show, and appears regularly on TV and nationally syndicated radio programs. Pete is regularly considered one of the foremost experts on financial wellness.

Money & Emotions - Breaking the Stress Cycle

The Employee Assistance and Wellbeing Programs Office invites you to join us for a Financial Wellbeing Seminar, recognizing Mental Health Awareness Month, with special guest Peter Dunn.

Money is more than just dollars and cents—it's deeply connected to our emotions, values, and relationships. Join us for an insightful session where Peter Dunn will uncover the intersection of finances and emotions, helping you recognize financial stress triggers and develop healthier money habits.

You'll discover your financial personality through a live, interactive Money Vibes assessment and gain personalized insights to improve your financial well-being.

**Thursday, May 8
12:00 pm - 1:00 pm
Microsoft Teams**

Register Today

Time for Tranquility May Topic: Self Compassion



Join online in the privacy of your workspace for 15 minutes of calm. With participants' cameras off, our leader will guide you in an exercise of quiet breathing, focusing on February's topic of opening your heart.

**Monday
link**

Wednesday is a virtual session
12-12:15 pm

Wednesday link

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

New Benefits Events Calendar



Find all upcoming webinars, expert insights, and valuable resources—all in one place. Check it out now by clicking the Calendar icon below.

CALENDAR

Don't Miss Out on Your Benefits! Stay informed and make the most of your employee benefits with our new Benefits Event Calendar!



Yoga and Sound Meditation *at Discovery Green in Downtown Houston!*

Calling all UTHealth Houston faculty, staff, residents, and fellows! As part of UTHealth Houston's Discovery Green series, on Tuesday, May 20, @ 6:30-7:30 PM, we invite our UTHealth Houston community to join with the greater Houston community for a Yoga and Sound Meditation class.

Strengthen your body, relax your mind and find your center with this dynamic flow yoga and sound healing, presented by UTHealth Houston. All fitness levels are welcome. Registration is requested on site. Bring a towel and water, as well as a yoga mat.

Location: Discovery Green, The Jones Lawn, 1500 McKinney Houston, Texas 77010. The Jones Lawn is the largest green space at Discovery Green®, and offers panoramic views of the Park and unobstructed views of the downtown skyline.

[Directions](#)

Employee Assistance and Well-being Programs
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