



# April Employee Well-Being Newsletter

April is Financial Wellness Month. Financial Wellness Month reminds us to think about and pay attention to our financial well-being. The timing is perfect to acknowledge financial wellness because tax season preparation is upon us and in regards to planning a budget, now is the time to do it in order to help plan for the future. Read below for some tips on financial well-being.



- 1. Create a financial plan**

Put down all your fixed and flexible expenditure, your projected earnings, your plan for savings, and also possible investments. This would give you an outlook on your finances for the entire year.

- 2. Create a budget**

A lot of people run into debts and financial issues simply due to poor planning and living above their means. Today, we urge you to create a budget for your expenses and to stick to it. Living within your means helps you reduce debts and save better.

- 3. Review your credit reports**

Your credit score is the majority of your available and feasible finances. It depicts your creditworthiness, and the higher your score, the better credit loans you can get. Reviewing

your credit report helps you know where you're at, and how you can get a handle on bill payments and limit your expenses.

- 4. Make an appointment with one of TIAA Financial Advisor**-TIAA advisors are available to SLU employees for on-site or virtual meetings. If you would like to meet with a TIAA Advisor you will need to sign up in advance online. To sign up, go to [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow)

## April TIAA Financial Webinars

### Quarterly economic and market update

Wednesday, April 10th at 11:00 a.m.

Hear from our chief investment officer about challenges investors are facing and tips on how to navigate them.

[Register Today](#)

### Fine-tuning your retirement strategy: Investing toward a secure future

Tuesday, April 16th at 1:00 p.m.

We'll move beyond investing basics to help you fine-tune your saving and investing strategies for retirement.

[Register Today](#)



### Start to Finish: The early career woman's guide to financial wisdom

Thursday, April 18th at 2:00 p.m.

Start caring for your financial well-being now. The sooner you start saving, the more prepared you may be down the road.

[Register Today](#)

### Staying Safe in the Age of AI

Wednesday April 24th at 12:00 p.m. Join us for a discussion on the growth of AI and what that means for protecting

ourselves against scams and cybersecurity attacks.

[Register Today](#)

## Upcoming Wellness Events

### Virgin Pulse Portal Webinar

Tuesday, April 9th at Noon

Did you know SLU offers a wellness portal to track all of your health and wellness progress? All full time benefit eligible faculty and staff can participate. Join the Virgin Pulse team and our SLU Employee Wellness Coordinator to learn how to optimize your experience on our wellness portal.

Living healthier and reaching your health goals is easy and fun with the Saint Louis University Wellness Portal. This free well-being portal provides all the guidance, resources and support you need as you work toward a healthier lifestyle. **250 points on the wellness portal**  
[Zoom Meeting Link](#)

### **Free Cooking Demo**

Monday, April 15th at Noon

Busch Student Center Room 256

Join this lunchtime cooking demonstration focusing on Spring Cuisine. Learn how to cook healthy, quick, budget-friendly meals. Class will start at 12 p.m. Please RSVP to [rachel.donahue@slu.edu](mailto:rachel.donahue@slu.edu) **500 points on the wellness portal**

### **Wellness Walks**

Walking is a great way to introduce physical activity into your daily life. For those who are already active, taking a walk break during the day helps mitigate the risks of prolonged sitting as well as helps with focus and productivity. Join members of SLU Wellness Committee for a walk on Hermann Stadium Track on North Campus or the Medical Center Track on South Campus. **250 points on the wellness portal**

**Monday, April 8th at Noon**  
**Hermann Stadium Track (North Campus)**

**Monday, April 22nd at Noon**  
**Medical Center Track (South Campus)**

**Thursday, April 25th at 1:00 p.m.**  
**Hermann Stadium Track (North Campus)**



### **Yoga**

Yoga doesn't just provide a workout, but gives you some much-needed energy. Yoga moves your circulatory system and awakens your nervous system- bringing you new life to the body. Join our Wellness Coordinator Rachel Donahue for a mid day yoga class. No experience required, please bring your own yoga mat or towel. **500 points on the wellness portal**

**Thursday, April 18th at 1:15 p.m. Salus Center Room 1418**

**Monday, April 29th at Noon Busch Student Center Room 251**



## **Biz Dash 5k**

The Biz Dash 5K presented by World Wide Technology will return to CITYPARK on Thursday, May 9, 2024! All levels of runners and walkers are encouraged to participate for Saint Louis University. First 16 participants to sign up will receive a free SLU dry fit shirt, please email proof of registration and shirt size to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)  
[Registration](#)

## **Rosary Walk**

As a part of Sexual Assault Awareness Month, the Division for Mission and Identity will host a rosary on Wednesday, April 24 at 1:00 PM on behalf of survivors of sexual abuse and for an end to sexual violence. All are invited to join in prayer at the statue of the Immaculate Conception next to Olive Compton garage. Contact Patrick Cousins at [patrick.cousins@slu.edu](mailto:patrick.cousins@slu.edu) for more information.  
**250 points on the wellness portal**

## **Art Hives Event**

University Counseling Center, Division of Diversity and Innovative Community Engagement and the Southern Illinois University Edwardsville Art Therapy Program are teaming up to sponsor an art therapy event.

Art Hives, an open art studio, will be Friday, April 5, from 11 a.m. to 1 p.m. along the West Pine Mall. In case of inclement weather, the event will be moved into the Center for Global Citizenship.  
**250 points on the wellness portal**

## **Wellness Webinars**

**Financial Wellness: Overcoming Debt** – April 10, 2024 12:00 p.m.

Carrying too much debt today can jeopardize your financial future. We will address the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.

[Register Today](#)



**Ageing & Adult Care: How to Modify Our Homes for More Safety, Serenity and Less Stress** – April 17, 2024 12:00 p.m.

Whether we are helping our older parents or grandparents say at home longer – 89% of older Americans prefer to stay living in their homes as long as possible – or we are needing our homes to be our sanctuaries, this session focuses on the principles of universal design for aging and Well Home Design standards

to create our dream homes. We'll take a Peter Pan house (a home built for someone who is never going to age) and go room by room showing you how to make your home or your loved one's home safe, how to address air care, green eco and sustainable design and the new trend in biophilic design to create healing spaces for a lifetime.

[Register Today](#)

**How to Enjoy Parenting from an Empty Tank**-Apr 18, 2024 11:00 AM

Parenting is one of life's biggest joys, but it comes with its own set of challenges. The reality is we don't have endless wells of energy—despite how much we love our kids. When demands and stress exceed our resources, our well-being suffers. This struggle to cope is often referred to as “burnout,” which the World Health Organization describes as “a vital state of exhaustion.” Originally identified as a work-related phenomenon, burnout has only recently been studied in the parental realm. Once considered a shameful admission, parental burnout awareness is more and more often in the forefront of conversation among parenting blogs and resources. Join us in the exploration of the history, symptoms, and impact of parental burnout. We will share resources and strategies to both cope with burnout and build resilience for a better, happier life.

[Register Today](#)

**Child Care & Parenting: Teaching Children About Money** – April 24, 2024 12:00 p.m.

This webinar covers how to teach children about money by looking at our own money values and how we communicate about money. We will discuss setting goals, spending and saving strategies.

[Register Today](#)

**Your healthy Lifestyle: Eating Right on the Run and On A Budget** –

April 25, 2024 12:00 p.m.

We all make excuses for eating junk or fast food. We'll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

[Register Today](#)

