

December Faculty and Staff Well-Being Newsletter



Spiritual Well-Being, the definition of spiritual wellness is unique to each person; however, spiritual wellness acknowledges our search for inner peace, a connection to something greater than ourselves.

The goal is to discover if your beliefs, activities, work, family relationships, and friendships are all in alignment. When we're spiritually healthy, we're not only

connected to God, but to those around us because it enriches the relationship between our mind, body, and spirit.

This month I encourage you to take some time to reflect on what gives your life purpose, meaning, happiness, and peace.

God bless!

SLU Wellness Events & Resources

Holiday Cooking Demo with SLU Dietetic Intern Maya Patel-Monday, December 4th at Noon Busch Student Center Room 352

Join us for a holiday themed cooking demo! Learn a fun, new recipe to bring to your next holiday party that everyone will love and that helps reduce waste this holiday season.

Kindly RSVP to Rachel.donahue@slu.edu

Advent Evening of Reflection

Wednesday, December 6 3:30-6:00 p.m. SLU Jesuit Residence

The Division for Mission and Identity invites all faculty and staff to join us for an Advent evening of reflection, Wednesday, December 6, beginning at 3:30pm in the Jesuit Residence. The evening will include reflections from a guest presenter, time for individual and group reflection, and a closing reception, finishing by 6:00pm. Contact Patrick Cousins at patrick.cousins@slu.edu or Judi Buncher at judi.buncher@slu.edu for more information.



[Registration](#)

Pilgrims Path Walking Tour

This mission-centered walking tour of SLU's North Campus highlights several sites on the North Campus directly connected to the Jesuit legacy begun by St. Ignatius Loyola, a pilgrim for God. Visit the locations on SLU's campus that depict our Jesuit history and Catholic identity as you become a pilgrim at SLU as well.

[Pilgrims Path Walking Guide](#)

Mission Matters Podcast

The Mission Matters podcast is a weekly spotlight on a person, initiative or program at SLU that incarnates the Jesuit mission of the University. Hosted by Virginia Herbers, director of mission formation, each episode begins with a brief reflection, setting the stage for a member of the SLU community to give us a glimpse into how the mission is alive.

[Listen Now](#)

The Power of Mindfulness: How to Train the Mind for Calm, Focus and Connection-*Thursday, Dec 21st at 11:00 AM*

Mindfulness is the ability to be aware and present with clarity and ease. When we are aware and present, we can see ourselves, others and our surroundings with curiosity and compassion. One of the most exciting discoveries in neuroscience is that we can train in specific ways to increase how we observe and interpret what is happening as it is happening with more skill and less stress. With practice, we can become present with an open, receptive mindset. Like exercising the muscles in the body, we can exercise the mind to become more adaptable, resilient and clear, which is the foundation for new levels of creativity, confidence, connection and joy.

[Register Today!](#)

Wellness Webinars

The Successful Single Parent- *December 6th at 11:00 a.m.*

As the sole parent in your household, you are faced with extra challenges in raising your child. Finding the time and the energy to be a full-time parent and home and income provider without the regular help of a partner will require a special commitment. This workshop will provide tips and suggestions to those parents who are juggling their family obligations single handedly.

[Register Today!](#)



Emotional Wellness: Stress Reduction Took Kit – *December 7th 12 pm*

How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research and what experts are saying about good and bad stress. Participants will gain the tools to manage stress, including mindful communication.

[Register Today!](#)

Raising Children with Disabilities: Effectively Communicating – *December 12th at Noon*

Communication is everywhere in nearly everything we do. This will offer insights, tips, and tools for building and maintaining successful conversations to improve the results of communication in any relationship or setting you may find yourself.

[Register Today!](#)

Financial Wellness: Building Good Credit – *December 13th at Noon*

Your credit report and your credit score are incredibly important factors which influence how you borrow. This webinar will review each of these factors individually and how you can monitor and improve your credit records.

[Register Today!](#)

The Sandwich Generation: Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones - *Dec 14, 2023 at noon*

Most of us reach a point in life when parents or elderly relatives begin to require more attention and time, and sometimes, our financial support as well. Caring for an older person can be complicated and few of us are trained for the many aspects of that care. Providing care for an elder is a very personal matter. No two situations are the same and there are no simple solutions. You can, though, benefit from following some practical suggestions. Balancing work, family and care-giving responsibilities can present some challenges. This workshop provides an overview of information to help the participant cope with their personal life while dealing with their elder's needs.

[Register Today!](#)



Caring for Aging Loved Ones: How Tech Helps Older Adults and Gives Caregivers Peace of Mind – *December 20th at noon*

We will discuss how caregivers can use technology to help reduce stress and gain peace of mind when caring for older parents. Everything from home safety to medication reminders to virtual social activities and more – let tech take some of the worry out of caregiving.

[Register Today!](#)

Succeed at Work: The Science of Goal Setting – *December 21st at noon*

This webinar examines goal setting as a brain function. We will look at how the brain works and create an awareness of the mental process, making it easier for us to create new habits in relation to goal setting.

[Register Today!](#)

Confident Parenting: Bullying: How to Protect Your Child – *December 27th at noon*

This webinar provides information on recognizing the signs of bullying and how to prevent or cope with it. We will cover types of bullying, talking with children, signs your child may be being bullied and what to do if you suspect your child is bullying others.

[Register Today!](#)



Your healthy Lifestyle: The Importance of Self-Care – *December 28th at noon*

Participants will learn how to care for themselves while dealing with everyday challenges and issues, including learning about the pillars of health that will help with self-care.

[Register Today!](#)

Financial Webinars

Live with confidence in retirement: 5 steps to creating your retirement income plan-*Tuesday, December 5th at 2:00 p.m.*

Prepare your retirement income plan with the help of these five steps! These include estimating expenses, understanding income sources, building a strategy for lifetime income, withdrawing retirement assets and other planning tips.

[Register Today!](#)

Make the move toward long-term financial security: Your midcareer retirement check-in-*Thursday, December 7th at 11:00 a.m.*

Review your retirement plan to make sure you're on the path to lifelong financial security! This webinar includes considering your priorities, putting together a spending plan and knowing the ways to save, all while juggling current financial demands.

[Register Today!](#)

Write your next chapter: 5 steps to setting your retirement date-*Tuesday, December 12th at 1:00 p.m.*

Set your retirement date with the help of these five steps! These include estimating retirement expenses, closing any income gaps, understanding key milestones that can impact your retirement finances and protecting your savings.

[Register Today!](#)

Establish your retirement plan: A start-to-finish guide-*Wednesday, December 13th at 11:00 a.m.*

Developed with women in mind, or for anyone who wants to think ahead about their finances! This webinar will help you understand your income inflow and outflow and how to balance them, saving strategies and creating a solid foundation for financial well-being.

[Register Today!](#)