



# January Well-Being Newsletter

For SLU Faculty and Staff

January is Mental Wellness Month: It's the perfect time to shift your focus from the holidays to your own personal well-being

It seems appropriate that January is Mental Wellness Month. After all, what better way to start the new year than with a reminder to recharge your mental health?

Research continues to show that your mental health significantly impacts your physical health. Individuals with chronic conditions like [heart disease](#), [cancer](#) and [diabetes](#) are more likely to experience depression or anxiety. The opposite is true as well: Positive mental health (along with other factors) can reduce your risk of [heart attack](#) and other serious conditions. Strong mental health also helps [boost your immune system](#), reducing your risk of getting sick.



## Keep healthy habits a priority

Physical health and mental health are interconnected. You have to take care of your body in order to take care of your mind. Here are a few healthy habits that should always be a priority:

- **Eat healthy.** Small changes, [a balanced diet](#) and plenty of fresh fruits and veggies are a strong foundation to any diet.
- **See your doctor.** Wellness visits and preventive screenings ensure you stay healthy. Sick visits help you recover from illness or injury sooner.
- **Sleep well.** A good night's sleep allows your body to rest, recharge and function properly.
- **Manage stress.** Long-term stress takes a serious toll on your mental and physical health. [Keep stress in check](#) with some simple strategies

## Employee Wellness Resources



### Employee Assistance Program (EAP)

The Saint Louis University Employee Assistance Program (EAP) is a feature of the employee health package that provides access to professional counseling on a confidential basis. Confidential professional counseling is provided through ComPsych at no cost for staff and their families. Call 800-859-9319 to make an appointment or visit [www.guidanceresources.com](http://www.guidanceresources.com) for more information. To register online, please use the Company ID "slueap" and create your username and password.

## Looking for a new primary care provider?

- Visit the [United HealthCare website](#) to complete a UHC nationwide network physician search.
- SLUCare physicians can be found by visiting their [website](#).
- SSM physicians, including pediatricians, can be found by visiting their [website](#).



## Wellness Portal through Virgin Pulse



Full time faculty and staff and medically covered spouses are eligible to participate in our Wellness Portal through Virgin Pulse. 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.

[Register Today](#)

### Free Week at Simon Rec + Virgin Pulse Earnings!

SLU Benefits & Campus Recreation and Wellness are teaming up to offer some options to take a break from work and get yourself moving.

From Tuesday, January 9<sup>th</sup> thru Tuesday, January 16<sup>th</sup>, swing by the Simon Recreation Center (3639 Laclede Ave) to use the facility at no cost. Simply bring your SLU ID to swipe in each day at the desk (you must swipe in to document your visit).

As an incentive, we will be awarding 100 Virgin Pulse Points for each day you swipe in and utilize the Simon Rec Center (800 points max)! We also are celebrating national "Take the Stairs Day" on Wednesday, January 10<sup>th</sup>! Complete this [short form](#) to let us know how many flights of stairs you took (or what type of workout you did for at least 30 minutes on 1/10/24) and you will be awarded an additional 500 Virgin Pulse Points!

Below are the facility hours at Simon Rec during this FREE week:

Tuesday, January 9<sup>th</sup> - 6:00am to 8:00pm

Wednesday, January 10<sup>th</sup> - 6:00 am to 8:00pm

Thursday, January 11<sup>th</sup> - 6:00am to 8:00pm

Friday, January 12<sup>th</sup> - 6:00am to 8:00pm



Saturday, January 13<sup>th</sup> - 10:00am to 8:00pm

Sunday, January 14<sup>th</sup> - 10:00am to 11:00pm

Monday, January 15<sup>th</sup> - 6:00am to 11:00pm

Tuesday, January 16<sup>th</sup> - 6:00 am to 11:00pm

## Wellness Webinars

### **Managing Staff through Stressful Situations, January 9th at 11:00 a.m.**

When facing heightened stress, employees react in diverse ways. For some, stress leads to a dropoff in performance, lowered morale or emotional outbursts. For others, high-pressure, stressful situations actually become an opportunity to shine. As a manager, it's difficult to anticipate the multitude of reactions you're likely to observe during times of stress, and even harder to be equipped with the tools to handle them all. This workshop helps you plan for the expected and the unexpected and provides practical tools for dealing with both positive and negative employee behaviors during stressful times.

[Register Today!](#)



### **Mindful Beginnings with Meaningful Self-Care, January 9th at 11:00 a.m.**

A new year often means a fresh start, but it's not always easy to sustain new goals and habits when life keeps happening. Common advice is to 'prioritize self-care,' but what does that truly mean? Dr. Lauren Cook, an expert in reducing anxiety and building a life that feels expansive, will coach you to create a personalized self-care routine you can sustain.

Join us as she shares evidence-based insights

and practical techniques for reducing anxiety and building resilience, empowering you to take on all that 2024 serves up.

[Register Today!](#)

### **Feeling Stuck? Practical Ways to Get Yourself Going Again, January 17th at Noon**

If you're struggling with challenges and uncertainty about your personal or professional life, and you're not sure what to do next, this session is for you. We'll discuss some simple but powerful questions to ask yourself to help you get "unstuck." The benefits of asking each question will be discussed, and participants will have an opportunity to try responding to all of them.

[Register Today!](#)

### **Aging & Adult Care- Putting YOU in the Care Equation and How to Find Joy All Year Long, January 17th at Noon**

We are kicking off a new year and a new you. This session addresses the juggling act of caregiving and other life responsibilities and offers guidance for achieving a healthy balance in life. We take you through 7 elements of life (physical, emotional, social, intellectual, environmental, financial and spiritual) and provide you tips on habit-stacking, 5-minute wellness hacks and how to reset and reward your self-care efforts. The session will help you find your Me Time and help bring health and joy into your world.

[Register Today!](#)



### **Executive Function – Get Ready for 2024, January 18th at 11:00 a.m.**

As we enter 2024, honing our executive functioning skills is more important than ever. These skills are a set of processes that help individuals manage their everyday lives, get things done, and control their emotions. People worldwide, irrespective of cultural or regional differences, often face obstacles in managing their daily tasks and staying organized, along with distractions that interfere with productivity and focus. Dive into an overview of executive functioning skills and ways to implement practical strategies to help build these skills.

[Register Today!](#)

### **Child Care & Parenting: Today's Family: Challenges and Changes, January 24th at Noon**

Regardless of your family structure, all families face the same challenges. Parenting is still one of the toughest jobs we have. This class looks at the history of families and offers some best practices for

how to have a healthy family, including some fun things families can do together. This class is meant to be discussion based.

[Register Today!](#)

### **Your Healthy Lifestyle - Eat Your Way to a Healthy Year, January 25th at Noon**

Donuts for breakfast, candy bar for lunch? Eating on the run? Does this sound familiar? Participants in this seminar learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits.

[Register Today!](#)

## **Financial Webinars**

**Economic & Market Outlook, January 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!](#)

**Invest for success5 principles you need to know, January 16th at 1:00 p.m.** Start the new year off right! This webinar can help you understand the key principles of investing for retirement. From compounding to taxes to choosing investments, you'll learn that how you invest for retirement is just as important as how much you save.

[Register Today!](#)

**Take control of your financial life-5 steps to managing money and debt, January 18th at 2:00 p.m.** Start the new year off right! If you're just starting out or want to improve your day-to-day financial skills, this webinar will help you learn how to manage your money and balance your priorities so you can enjoy life now and save for the future.

[Register Today!](#)

**Cybersecurity/identity theft protection for elders Help protect yourself, your family and your money, January 24th at Noon**

Are you concerned about identity theft and your family's security online? TIAA's Information Security team will discuss how elders can protect themselves and their families from cybercriminal social engineering.

[Register Today!](#)