



## November Employee Well-Being Newsletter

November is National Gratitude Month, a time to celebrate and give thanks. Reflecting on that for which we are grateful, is an important way for people to feel satisfaction with themselves and current state, rather than dissatisfaction with what they don't have. Showing gratitude can make you feel better about your life, manage mental health problems like depression and anxiety, improve self-esteem and sleep, lower your stress and more.

But what are some of the ways to do this?

1. Say something nice to someone—a compliment, a word of thanks or recognition.
2. Write your gratitude as a letter or in a notebook/journal
3. Show your gratitude with a gift
4. Invite someone to spend time with you

## November Employee Well-Being Events

### **Paint night with Painting on the Rocks at SLU!**

Come experience a relaxing evening of painting! Brittany Halaska, Artist and Owner of Painting on the Rocks will provide everything you need and lead you, step by step, through a beautiful, 16x20", acrylic painting you can enjoy forever! They make great gifts too!

Cost is \$35 per person! Seating is limited.

Get ready for a fun evening of friendship, creativity, and LOTS of laughter! Light refreshments will be served.



Allied Health Multipurpose Room

Thursday, November 9th 5-7 p.m.

Registration (Password is SLU)

### **Emotional Wellness: Gratitude – November 2nd at Noon**

Learn the science behind gratitude and how it can help to increase meaningful relationships in all areas of your life. The newest research empowers individuals to incorporate gratitude both at work and home. This webinar will offer tips to help you do that.

[Register Today!](#)

### **Volunteers Needed for Free Weight Management and Healthy Habit Counseling Sessions**

Dietetic students are seeking volunteers for a 4-session personalized nutrition counseling experience. Sessions will occur in the Allied Health Building. The sessions are designed to help people make healthier choices or meet personal weight loss goals that they are struggling to make. The students will help volunteers work towards achieving a healthy lifestyle.

**Sessions will occur on the following Wednesdays: Nov. 8, November 15th, November 29th & December 6th.**

Anyone interested in helping the students practice their counseling skills should [reserve their spot](#). Maria Romo-Palafox, Ph.D., will be supervising the practice as part of her course, DIET 4500. Contact her at [maria.romopalafox@health.slu.edu](mailto:maria.romopalafox@health.slu.edu).

### **T'ai Chi Class with Tom Krapu-November 13th at 3:00 p.m. School of Nursing Room 234**

Short for t'ai chi chüan, Tai Chi is rooted in Chinese medicine — qigong to be exact — and is thousands of years old. The practice fuses both martial arts and meditation, which might seem like an unlikely combination. However, the idea is to slow down both your mind and body by repeating rhythmic choreography and breath work for about 30 to 60 minutes.

RSVP to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)

### **Law School Health Fair**

**Wednesday, November 29th 11-1 p.m.**

- Get a flu shot

- Talk to health and wellness vendors
- Learn about on campus health and wellness resources

### **Self Defense Class with Department of Public Safety**

**RSVP to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)**

**DPS with DPS  
(Defense and Personal Safety with  
Department of Public Safety)**



# **SELF-DEFENSE**

**JOIN US AND LEARN REALISTIC, SELF-  
DEFENSE TACTICS AND TECHNIQUES  
INCLUDING VARIOUS STRIKING, BLOCKING  
AND KICKING TECHNIQUES.**

## **FREE!**

**FOR SLU STUDENTS, FACULTY,  
AND STAFF!**

**Tuesday, November 7**

**5pm-7pm**

**BSC Wool Ballrooms**

## November Employee Well-Being Webinars

**Prepare for your future: A guide to saving and investing- Wednesday, November 1st 11:00 a.m .**

Developed with women in mind, or for anyone interested in making a comprehensive plan! This webinar covers core concepts of investment strategies, taking on life's challenges, a financial personality type quiz and goal setting.

[Register Today!](#)



**Create a Legacy: Your guide to charitable giving- November 2nd 2:00 p.m.**

If you're interested in sharing your wealth, this webinar is for you! We'll explain the strategic differences between gifting during life or at death, the tax impacts of each and how to maximize your charitable donations.

[Register Today!](#)

**Financial Wellness: Living Off Your Paycheck – November 8th at Noon**

This webinar will go over goal setting and how your money beliefs can affect the way you save and spend. Other topics covered during this session include: how to reduce debt, the difference between “meat vs. gravy” and how to increase your wealth.

[Register Today!](#)

**Take control of your Financial Life: 5 steps to managing money and debt- November 8th at 1:00 p.m.**

Learn how to manage your money and balance your priorities so you can enjoy life now and save for the future. This webinar covers balancing income and expenses, creating a spending plan, debt strategies and building your credit score.

[Register Today!](#)



### **Effective Communication - November 9th at 11:00 a.m.**

Why is interpersonal communication important? Personal success depends on our ability to communicate. Effective human relations depend on our communication skills. Overall, interpersonal communication skills are necessary for understanding and for action. This workshop explores interpersonal skills and techniques necessary for successful interactions.

[Register Today](#)

### **Raising Children with Disabilities: Healthy Habits for the Holidays – November 14th at Noon**

The holiday excitement creates joy and stress for families of special needs children with disabilities. In this webinar we will talk about how to effectively navigate family gatherings, different routines, special diets, and increased behaviors without needing to rely on electronics to appease our children.

[Register Today!](#)



### **Managing Holiday Stress- November 13, 2023 at 12:00 p.m.**

The approaching holiday season brings many expectations. Often this makes us feel like we are being pulled in a hundred different directions. There are office parties to attend, family get-togethers to schedule, children's holiday recitals and gifts to buy. The holidays can be one of the happiest times of the year, yet it can also be one of the most stressful. Maintaining balance and keeping stress from overwhelming you are the keys to an enjoyable holiday season.

This webinar provides an overview of common stressors people encounter during the holidays, and offers "stress buster" tips to help you get the most possible enjoyment out of the season.

[Register Today](#)

**Preventing Employee Burnout Thursday,  
November 14th at Noon**

Burnout is a growing concern for many employers, as it can impact morale, employee retention, work productivity and more. In this session, we describe the signals that leaders can watch for and introduce strategies to help them prevent burnout from impacting the workforce.

[Register Today](#)



**Invest for success: Fine-tuning your retirement strategy- November 15th at 11:00 a.m.**

If you're in or near your peak earning years, move beyond the basics to build a secure retirement. This includes adopting a saving lifestyle, avoiding pitfalls that can sabotage your saving and planning carefully before retiring.

[Register Today!](#)

**Caring for Aging Loved Ones: Family Meetings & Having the Care Conversation – November 15th**

**1 pm**

Family meetings are an essential part of making certain that conflict is diminished among all of your family members. This seminar will cover how to prepare for a family meeting, communicate with older adults and other family members about important decisions such as health, housing, finances and legal issues. We will go over starting the conversation, effective communication, dealing with denial and more.

[Register Today!](#)

**Caring for Caregivers: A Conversation on Compassion- November 16th 11:00 a.m.**

The holiday season is meant to be a time of joy, connection, and celebration. However, it can also be stressful if you're worried about the health of older loved ones, juggling caring for both children and seniors, or simply feeling overwhelmed by caregiving responsibilities. The good news? You're not alone. Let's talk about it.

[Register Today!](#)

### **Helping Teens Build Healthy Habits Thursday, November 16th 11:00 a.m.**

The teen years can be a challenging yet exciting time in a person's life. While teens often focus more of their time towards peers than their parents, parents can still play a vital role in helping their teens learn healthy habits for their current and later stages of life. In this webinar, we will discuss how to support your child's growing autonomy, motivation to build healthy habits regarding their screen use, sleep, mental and physical health, managing issues with confidence and self-esteem due to social and academic pressures, and overall better balance.

[Register Today!](#)

### **Succeed at Work: Stress Management – November 16th at Noon**

This webinar covers common causes of stress, how to recognize your stress signals, and successful strategies for managing stress when it occurs.

[Register Today!](#)

### **Confident Parenting: Managing Fear & Anxiety in Children – November 22nd at Noon**

In this webinar we will discuss important tactics to help children of all age groups deal with anxiety and fear and how our own fears and anxieties must be handled in order to provide proper support to children.

[Register Today!](#)



### **Your healthy Lifestyle: Emotional Eating – November 30th at Noon**

This webinar will define what emotional eating is and identify reasons behind it. We will explore eating behavior, examine the relationship between mood and cravings, identify the steps needed for improvement, best practices and resources.

[Register Today!](#)