

# April Employee Well-Being Newsletter



**April is Alcohol Awareness Month.** All kinds of drinks that contain alcohol increase the risk of cancer. Drinking less alcohol is better for your health than drinking more. Alcohol has been classified as a Group 1 carcinogen by the International Agency for Research on Cancer decades ago – this is the highest risk group, which also includes asbestos, radiation and tobacco.

According to the CDC studies show that alcohol may increase cancer risk in several ways.

- Alcohol can disrupt cell cycles, increase chronic inflammation, and damage your DNA. DNA is the cell's "instruction manual" that controls how a cell grows and does its job. When DNA is damaged, a cell can grow out of control and become cancer.
- Alcohol can increase levels of hormones, including estrogen. Estrogen plays a role in breast cancer development.
- Alcohol makes it easier for the cells in our mouth to absorb cancer-causing chemicals (called carcinogens). For example, when you use both alcohol and tobacco, the alcohol increases the absorption of carcinogens from the tobacco.

## How can I lower my cancer risk?

You can drink less alcohol or choose not to drink. You can use this [tool](#) to check your alcohol use. Talk with your doctor if you have concerns about your drinking. Try a fun new mocktail recipe like this Mojito Mocktail instead of choosing a drink with alcohol.

### Mojito Mocktail Recipe

#### Ingredients

- 3 ounces simple syrup
- 2 ounces fresh lime juice
- 10 mint leaves
- 3 ounces lime flavored sparkling water
- Lime wheels, for garnish
- Ice



## Instructions

1. In a cocktail shaker, combine the simple syrup, lime juice, and 6 mint leaves. Use a muddler to bruise the mint at the bottom of the shaker. Add ¼ cup of ice, secure the lid and shake vigorously for 30 seconds.
2. Fill 2 glasses with ice, then divide the shaken mixture between the glasses. Top with 1 1/2 ounces of sparkling water per glass and garnish with additional mint leaves and a lime wheel.

## April Employee Well-Being Events

### Free Cooking Demo

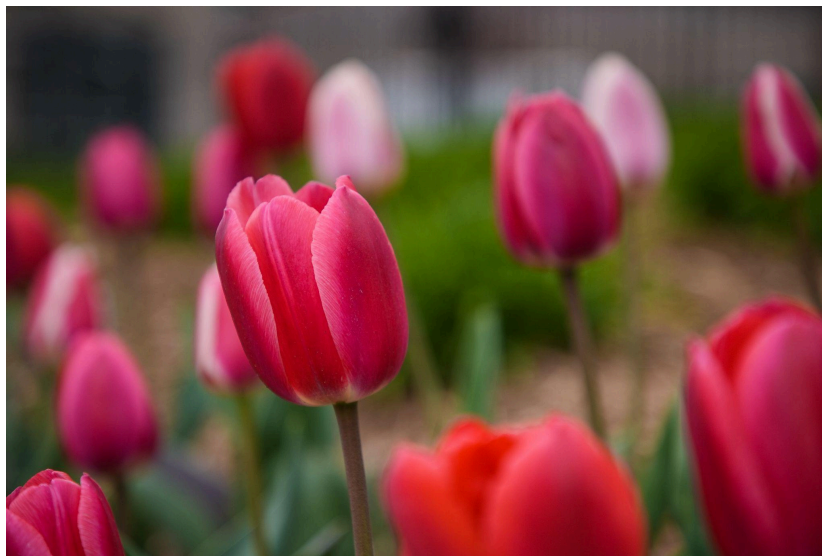
**Join Whitney Twit, Dietetic Intern Saint Louis University for a free cooking demo**

Tuesday, April 22nd at Noon

Grab and Go Options, Breakfast or Lunch, Emphasis on healthy cooking with local produce

Allied Health Room 3040

Please RSVP Rachel Donahue at [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)



### Employee Well-Being Yoga

Wednesday, April 16th

Busch Student Center, Room 171

12-12:45 p.m.

Join other faculty and staff for a restorative yoga class focusing on releasing tension in the body through breath work and movement. No experience needed, all levels are welcome. Please bring a yoga mat or towel.

Please RSVP to

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

### Mental Health First Aid for Faculty and Staff

Mental Health First Aid (MHFA) at Saint Louis University is a skills-based training course that teaches participants about mental health and substance-use challenges. Just as CPR helps you assist an individual having a medical emergency, Mental Health First Aid helps you assist someone experiencing a mental health challenge or crisis.

Friday April 25th and Friday May 2nd

9:00 a.m.-1:00 p.m.

[Registration](#)



### **Better Together Billiken Community Book Club**

**Join Shannon  
Cooper-Sadlo from  
the School of Social  
Work and Employee  
Well-Being for a book  
discussion on “The  
Let Them Theory” by  
Mel Robbins.**

The Let Them Theory  
is a step-by-step guide  
on how to stop letting  
other people's  
opinions, drama, and

judgment impact your life. Two simple words, Let Them, will set you free from the exhausting cycle of trying to manage everything and everyone around you. It's time to build a life where you come first—your dreams, your goals, your happiness.

**Wednesday, April 30th**

**Busch Student Center**

**Room 352**

**12:00 p.m.**

Please feel free to bring your lunch or a snack to share.

This event is open to SLU Faculty and Staff

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

### **Employee Well-Being Webinars**

Can't make these webinars? Please register by email for any of these webinars and a recording will be emailed to you.

**Emotional Wellness: Overcoming Burnout** – April 3, 2025 at Noon

If you're feeling overwhelmed by the pressures of everyday life, this Talk will help bring your life back into balance. Learn to identify the symptoms of burnout and strategies for coping with and avoiding it.

[Register Today!](#)



### **Disability & Neurodiversity: Financial Planning** – April 8, 2025 at Noon

Learn strategies and tips for creating a successful financial plan and preparing for the future by having financial resources in place and understanding the resources available to you.

[Register Today!](#)

### **Financial Wellness: Overcoming Debt** – April 9, 2025 at Noon

Carrying too much debt today can jeopardize your financial future. In this Talk, participants 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!](#)



### **Aging & adult care: Home Modification for Safety, Serenity & Less Stress** – April 16, 2025 at Noon

Whether you are helping your older parents or grandparents stay at home longer—89% of older Americans prefer to stay living in their homes as long as possible—or need your home to be your sanctuaries, this Talk focuses on the principles of universal design for aging and Well Home Design standards to create your dream home. Participants will 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!](#)

### **Fostering Connectedness at Work**-Thursday, April 17, 2025 at 11:00 AM

Feeling connected in the workplace is an important part of success. Connected teams nurture healthy working relationships, promote knowledge sharing, and drive collaboration. Connection in the workplace also directly correlates to employee engagement and it is one of the most important skills needed in building a productive and efficient workplace.

[Register Today!](#)

**Succeed at Work: Increasing Mental Toughness – April 17, 2025 at Noon**

This Talk is about using challenging times as an opportunity to increase your mental toughness, finding a positive way to look at negative events. Participants will discuss what it means to be mentally tough and will also dive into the topic of grit.

[Register Today!](#)



**Your healthy lifestyle: The Connection Between Mental Health & Exercise – April 22, 2025 at Noon**

Exercise is great for your body, but what can it do for your mental state? Come explore how exercise contributes to a healthy brain, what actually happens to your brain when you exercise, and why it is so essential to your mental health.

[Register Today!](#)

**Child care & parenting: Communicating and Resolving Conflict with Your Teen – April 23, 2025 at Noon**

This Talk will provide you with practical communication tips to improve your connection with your teen and for resolving conflicts. Effective communication makes time together more enjoyable, discipline effective and conflict resolution successful.

[Register Today!](#)

## **TIAA Financial Webinars**

### **Quarterly economic and market update**

April 9th at 11:00 a.m.

Hear from the experts in our Wealth Chief Investment Office about key drivers of the markets and economy that are impacting investors.

[Register Today!](#)

### **Planning for life milestones**

April 16th at 11:00 a.m.

A lot of big events in life can impact your long-term financial well-being. In this webinar we'll look at what you can do to prepare for and manage these key milestones if and when they happen to you.

[Register Today!](#)



### **Navigating the sandwich generation: Financial strategies for the caregiving squeeze**

April 24th at 2:00 p.m.

Nearly a quarter of U.S. adults are in the "sandwich generation", caring for aging parents while supporting adult children. We'll explore ways to navigate this challenging time without sacrificing your sanity or your retirement.

[Register Today!](#)

## **Upcoming TIAA Financial Appointments**

TIAA Financial Advisors will be onsite at the Wool Center by appointment. Appointments can be made through the [TIAA website](#).

The following dates have availability: April 10th & 24th

May 1st, 8th, 15th, & 29th