

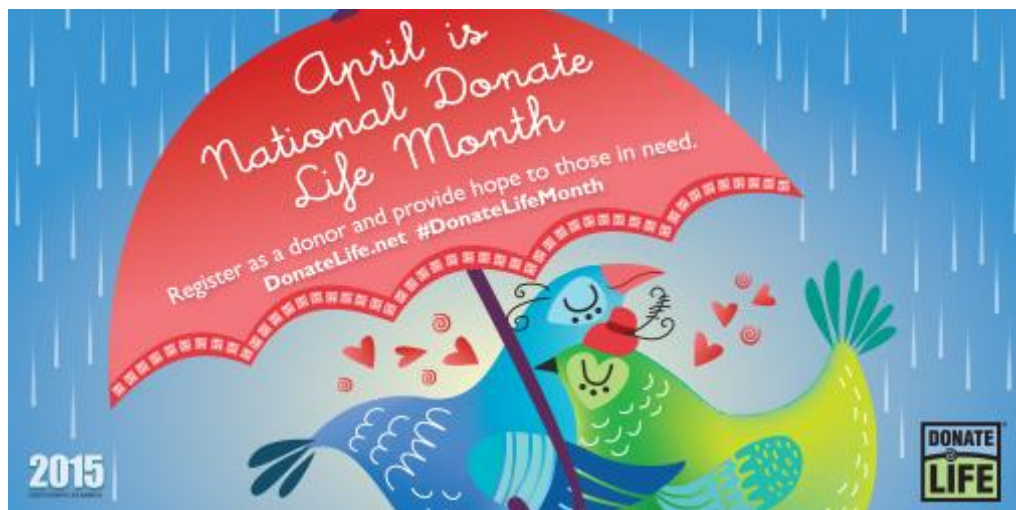
April, 2015

Wellness Events this Month!



National Donate Life Month

Stress Awareness Month



NATIONAL DONATE LIFE MONTH EVENTS:

Education Thru Entertainment Events presents **#BattleOfTheCats**

Save lives, plus enjoy fun games and the chance to win an iPad!

Monday, April 6 and Tuesday, April 7

9am – 4pm: Student Center & Recreation and Wellness Center

Register with Be The Match (bone marrow) and Donate Life Texas (organ/tissue)

10am – 4pm: The Point

Blood Drive with Gulf Coast Regional Blood Center

Wednesday, April 8

9am – 12pm: The Point

Register with Be The Match and Donate Life Texas

12pm - 1pm: The Point

Live music and giveaways with 97.9 The Box

1pm – 2pm: Tiger Room

Free food and lunch forum with 97.9 The Box

[Click Image to Learn More](#)



Emotional ▪ Spiritual ▪ Physical ▪ Social ▪ Financial ▪ Environmental ▪ Intellectual

Dealing with Stressful Situations: The Four A's

[Click HERE to view Stress Management Tools and Strategies](#)

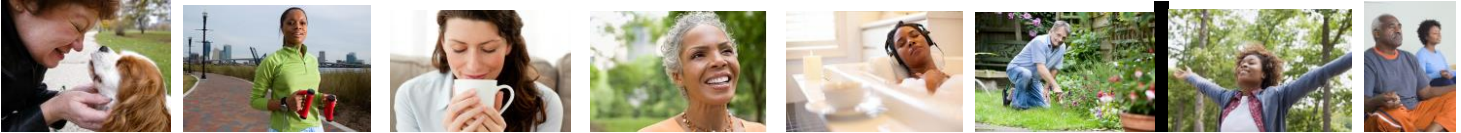
Change the situation:

- Avoid the stressor
- Alter the stressor

Change your reaction:

- Adapt to the stressor
- Accept the stressor

Healthy ways to relax and recharge



- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Take a few deep breaths
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.
- Meditate

The Employee Assistance Program (EAP)

713.500.3327 www.uteap.org

Through the Employee Assistance Program, or EAP, you and your family members can access free, convenient, and confidential services. The EAP offers a variety of services including counseling sessions with a licensed mental health professional, legal and financial resources, and WorkLife referrals.

Who can access the EAP services?

The EAP is available not only to you, the employee, but also for your spouse, live-in partner, and eligible dependent children. This includes children up to the age of 26 who are eligible for coverage under you or your spouse's insurance plan.

How much does the EAP cost?

There is no charge to you or your family members to use the EAP services.

Is the EAP confidential?

Yes, all EAP services are private and completely confidential. UTEAP will not release any information regarding your contact with the EAP without your written consent or as required by law.

What type of problems can you help with?

UTEAP provides counseling sessions and support for all types of life concerns. Some of the most common reasons that employees contact the EAP are:

Stress & Anxiety Depression ▪ Alcohol/Drug Problems ▪ Parenting & Family Concerns ▪ Couples & Relationship Issues
Grief or Bereavement ▪ Anger Management ▪ Change & Life Transitions ▪ Work Conflicts ▪ Communication Skills



Wellness Champion of the Month!

Shavonda Scroggins, Sr. Staff Auditor
(Office of Internal Audit, Fraud, & Compliance)



What motivates me most about wellness is *giving my son a great start to excellent health when he is born.*

I was very healthy and active prior to getting pregnant. *Staying healthy by continuing to eat right, exercise, and drink plenty of water* even after getting pregnant has afforded me a smooth and wonderful pregnancy with hardly any typical symptoms.

Here are my personal tips for anyone looking to maintain a healthy pregnancy:

1. Stay Hydrated

- Consuming enough water actually helps to subside those sporadic “Braxton Hicks” contractions that you may experience as you get closer to your delivery date.
- Stay away from caffeinated and alcoholic beverages and drink at least 8 bottles/1 gallon of water a day.

2. Eat Healthy / Smaller Meals

- Eating smaller meals helps to prevent typical nausea-like symptoms that you may experience from over-eating.
- Eat 6 smaller/proportionate meals a day instead of 3 heavier ones filled with healthy protein, green veggies, and complex carbs (3 regular meals/2 snacks).

3. Don't Stop Exercising!

- Studies have shown that exercising can increase the oxygen supply to your baby’s brain, which increases the concentration of chemicals that promote brain development. Plus, it helps Mom to snap back into shape much quicker after baby is born.
- Try to exercise at least 4-5 days a week for 30 minutes during each workout. Depending on your activity level, ideal low-moderate impact workouts can include: walking, step-aerobics, swimming, light strength training, and prenatal yoga. Remember to always consult with your doctor first before proceeding with any workout regimen during pregnancy. What works for some may not work for others.
- Typical rule of thumb with any workout you do is not to exceed 140 beats per minute. Again, check with your doctor!

Here's to wishing everyone continued health – especially all the expecting Moms out there!

