



May Employee Well-Being Newsletter

May is Emotional Wellness Month



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May is a busy month for most, please take the time to take care of yourself both mentally and physically. Block off 30 minutes on your schedule to make time for yourself. Saying “no” to unnecessary events in your personal life and being mindful of your schedule to prevent burnout.

Make sure you are getting enough sleep, ask for help when you need it, and communicate clearly to others what your needs are to support your emotional health.

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. So what does positive emotional health look like?

Signs of Emotional Wellness

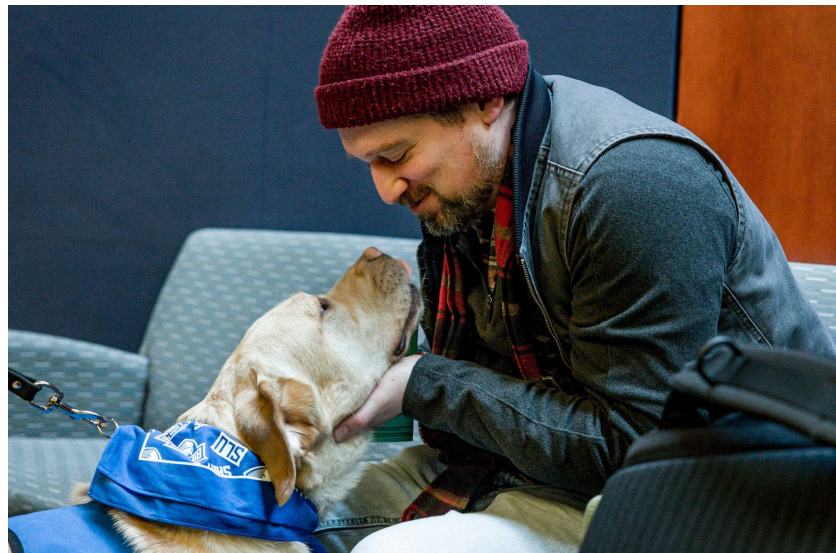
- Having the ability to talk with someone about your emotional concerns and share your feelings with others
- Saying "no" when you need to without feeling guilty
- Feeling content most of the time
- Feeling you have a strong support network i.e. people in your life that care about you
- Being able to relax
- Feeling good about who you are

Upcoming Wellness Events

Emotional Wellness: Tools to Live Your Best Life – May 2, 2024 at Noon

This session walks participants through the various tools to enhance our lives. It reminds and teaches us the importance of prioritizing our mental and physical health. We will review best practices and encourage all to add to this critical tool kit.

[Register Today!](#)



Ageing & Adult Care: Caregiver Burnout: Mental and Emotional Health Help – May 15, 2024 at Noon

May is National Mental Health Month and surveys show caregivers experience more burnout and stress than the general population. This session touches upon the challenges to mental and emotional health and how to find more happiness, joy, and balance in life.

[Register Today!](#)

Succeed at Work: Managing Strong Emotions – May 16, 2024 at Noon

Strong emotions are inevitable. This webinar goes beyond identifying emotions to help us manage and control ourselves when all of our buttons have been pushed. We need real strategies to enable us to say and do the right thing. We will share state-of-the-art techniques that will ensure you will keep your cool.

[Register Today!](#)

Raising Resilient Kids: Children's Mental Health in Today's World- May 22nd at 11:00 a.m.

In today's post-pandemic world, prioritizing children's mental well-being is paramount. Join expert Dr. Bob Franks, President and CEO of The Baker Center and faculty member at Harvard Medical School, for Raising Resilient Kids: Children's Mental Health in Today's World. From nurturing emotional intelligence to promoting healthy coping mechanisms, we'll explore practical ways to raise mentally strong and emotionally resilient kids. Plus, we'll provide insights into recognizing signs that our children may be struggling with their mental health and offer guidance on seeking appropriate help and resources.

[Register Today!](#)



Child Care & Parenting: Summer Care and Camp Options – May 22, 2024 at Noon

Identifying quality summer care for children requires information to discern the best option. This seminar will help you assess your summer care needs, review summer care costs and give an overview of summer options for children and teens.

[Register Today!](#)

How to Build Better Relationships through Positive Psychology-May 23, 2024 at 11:00 AM

Establishing good interpersonal relationships at work significantly impacts job satisfaction and the enjoyment people experience at work. This session will focus on effective positive psychology practices that help colleagues connect and can also extend past work and help establish and strengthen positive relationships between family members and friends. Loneliness concerns everyone, from parents of disconnected teenagers, a colleague who has just relocated to a new town, to a neurodivergent employee who feels alone at work to the Surgeon General of the United States with his report Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. Join us to learn about and apply effective practices to promote connection.

[Register Today!](#)

Financial Well-Being

TIAA Advisors Available

A TIAA advisor is available to SLU employees meetings at any time during the month. If you would like to meet with a TIAA Advisor you will need to sign up in advance online.

To sign up, go to [TIAA.org/schedulenow](https://www.tiaa.org/schedulenow)

TIAA can also help you find a date and time by calling 800-732-8353.

TIAA Webinars for May

Opening doors to the future, Save in a 529 college savings plan

Wednesday, May 1st at 11:00 a.m.

In this webinar you can learn how 529 college savings plans work and how to invest in one for a child, grandchild, yourself or another loved one.

[Register Today!](#)

Invest for success, 5 principles you need to know

Tuesday, May 7th at 1:00 p.m.

No matter where you are in your career journey, this webinar can help you understand the key principles of investing for retirement. From compounding to handling taxes to choosing investments, you'll learn that how you invest for retirement is just as important as how much you save.

[Register Today!](#)



Basic estate planning strategies

Thursday, May 16th at 2:00 p.m.

Ensuring that our assets will pass to loved ones and causes that are near and dear is important to most of us. Discover the components of a basic estate plan and strategies to ensure that your wishes are met.

[Register Today!](#)

Make the move toward long-term financial security, Your mid-career retirement check-in

Tuesday, May 21st at 12:00 p.m.

For anyone halfway down the road to retirement, this webinar is a critical checkpoint. It takes you through the keys to successful money management, how to juggle competing financial demands and retirement saving strategies that can help put you on the path to lifelong financial security.

[Register Today!](#)