



November Employee Well-Being Newsletter

Connection & Gratitude Month

Gratitude is a significant aspect of one's happiness and joy. Finding gratitude can be hard to find in moments of grief, suffering, sadness, and pain. During a very challenging time in my own life, I was talking with Fr. Carl Scheble, one of my favorite priests. I was full of anger, anxiety, deep sadness, and pain. He responded calmly to me and said,



“Faith is the opposite of anxiety. If you're anxious, worried, or trying to control everything, you don't have faith.” When we can't control things, we worry. We worry because it gives us the illusion of control, but in reality it only escalates our problems.

Research has found, for example, having a sense of meaning and purpose, and gratitude to God, all encourage joy. There are several emotions and behaviors that prevent the growth of gratitude. Cynicism, narcissism, and envy predict declines in gratitude over time. Gratitude promotes social connection, social inclusion, cooperation, and relationship satisfaction. This November we encourage you to connect with your family, friends,

co-workers, and peers. Join co-workers for a Christmas Ornament Decorating painting event, spend time showing appreciation for those around you, and show gratitude for those that support you.



Christmas Ornament Decorating

Join your co-workers and connect for a painting workshop. Bring your lunch or your own special treats to share and paint a Christmas Ornament.

Thursday, November 14th 11:30-1 pm-Allied Health Room 3040

Thursday, December 12th 11:30-1pm- Center for Global Citizenship

Cost \$14.00

\$2 from each sale goes to Helping our Own

[Registration](#)

November Cooking Demo

Thanksgiving Themed-Cooking Demo, Monday, November 11th 12-1 p.m. Busch Student Center Room 354

This cooking demo will involve instruction by one of SLU's very own dietetic interns, hands-on cooking and tasting of all dishes, and recipes to take home. Dishes will focus on local seasonal produce for your Thanksgiving meal. Please RSVP to Rachel.donahue@slu.edu

Wellness Discount

Confirmation of Wellness Discounts have begun to go out and will continue until the end of the year. **To qualify for the wellness discount, you'll need to complete an annual**

wellness exam with your primary care provider anytime between January 1st and December 31st, 2024, OR visit a Quest Location for a Biometric Screening. A primary care provider (PCP) can be a Family Medicine Doctor, Internist, Obstetrician/Gynecologist, Nurse Practitioner, or Physician Assistant within your primary care provider's office. Their comprehensive approach helps to ensure continuity of care and a more holistic view of your health.

Directions for Wellness Discount

1. If you have participated in a wellness exam with your primary care provider between January 1st- December 31st, 2024, and are currently on SLU's Medical Plan, United Healthcare will send us a report of completion. You will receive verification from EmployeeWellbeing@slu.edu after open enrollment is completed.
2. If you want to do a biometric screening with Quest at a Quest Lab, schedule a screening at <https://my.questforhealth.com> To register, use the Registration Key (**SLU2024**) and Unique ID (**your SLU employee ID**).
3. Your Spouse/Domestic Partner will need to set up their account using your **Employee ID + S**. For scheduling questions, contact the Quest Service Center at 1.855.623.9355

Last Call for Flu Shots

The best protection against influenza is the flu vaccine. And we strongly recommend that everyone who is medically able obtain a flu vaccine in the coming weeks.

- 11 a.m. to 2 p.m., Thursday, Nov. 7,
Center for Global Citizenship



Schedule an [appointment](#)

Well-Being Webinars

Emotional Wellness: Gratitude – November 7, 2024 12 pm

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

[Register Today!](#)

Financial Wellness: Holiday Budgeting – November 13, 2024 12 pm

You may have your budget under control during the year, but at the holidays it can get blown out of control. You will learn how to rein in spending at the holidays and re-examine your expectations of the holidays to stay out of debt.

[Register Today!](#)

Aging & Adult Care: Holiday Gift Guide – How Tech Helps Older Adults and Gives Caregivers Peace of Mind – November 20, 2024 12 pm

We will give you an update on all the age-tech innovation available to help care for older adults. We will also discuss how caregivers can use technology to help reduce stress and gain peace of mind when caring for older parents. Everything from home safety to medication reminders to virtual social activities and more – let tech take some of the worry out of caregiving.

[Register Today!](#)

Succeed at Work: Holiday Survival Guide – November 21, 2024 12 pm



This webinar examines holiday stress and provides strategies for coping and managing emotions, time, relationships and finances. We will share ideas for organizing holiday tasks, managing holiday demands and look at the role of holiday traditions.

[Register Today!](#)

How to Navigate Holiday Stress- November 21, 2024 11:00 a.m.

For a variety of reasons, it can be challenging to balance work, health, relationships, and family during the holidays. How we navigate and prioritize the different areas of our lives can make a big difference in how much we experience being present, fulfilled, and connected to what matters most to us. In this webinar we will share strategies rooted in Acceptance and Commitment Therapy, an approach that emphasizes finding ways to put values at the center of decisions and actions. Amid what can feel like holiday chaos, having a clear sense of what is important and ways to connect with it can help us be more flexible and resilient to stress.

[Register Today!](#)

November On-Site TIAA Financial Appointments

TIAA Financial Representatives will be onsite at Wool Center and Salus Center for one on one financial appointments. You can make an appointment with one of the financial representatives [here](#).

November Onsite TIAA Financial Advising Appointments

November 6th, 7th, 14th 20th, & 21st

Please visit the TIAA [Website](#) to schedule an appointment.

November Financial Webinars

Investing essentials: 5 principles to invest with confidence-Tuesday, November 5th at 11

Get a head start on smart, secure investing with simple principles.

[Register Today!](#)

Naming your beneficiaries: Why it matters-Thursday November 7th at 1:00 p.m.

TIAA will help you make an informed decision based on legal issues, financial goals and personal wishes.

[Register Today!](#)

How to get the most from your employee retirement plan- Wednesday, November 13th at 2:00 p.m.

Let's talk tips for optimizing your retirement savings. The decisions you make (or don't make) can really add up in the future.

[Register Today!](#)

Family wealth education- Tuesday, November 19th at Noon

Family wealth includes more than just economic resources. The plan should also contemplate your family's values, experiences and passions.

[Register Today!](#)