



December Employee Well-Being Newsletter

Happy Holidays from Employee Well-Being

The shortening days and winter season naturally invite a period of slowing down, rest, looking back on the past year, and preparing for the new year. For some, rest may mean slowing the pace of activities and tasks, or simply taking a few seconds to pause in the midst of the busyness of life. For others, rest may be found in the company of others, by creating



connection, offering assistance, or sharing a laugh. A period of rest allows you time to reflect and prioritize, give care and attention to your essential needs, and focus your energy on the activities that are most meaningful. This winter, make it a priority to care for yourself by finding opportunities for rest. There are many resources in this newsletter to support your well-being. We hope you find some time this December to slow down, go for a walk across our beautiful campus, connect with co-workers and friends, and reflect.



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

Cost \$14.00

\$2 from each sale goes to Helping our Own

[Registration](#)

December Cooking Demo

Holiday Themed-Cooking Demo, Monday, December 9th 12-1 p.m. Busch Student Center Room 352

This cooking demo will involve instruction by one of SLU's very own dietetic interns, Dylan Moffat. Elevate your holiday feast with a fresh twist on the classic green bean casserole. Dishes will focus on local seasonal produce for your Holiday meal. Please RSVP to Rachel.donahue@slu.edu

Well-Being Webinars

Emotional Wellness: Forgiveness – December 5, 2024 Noon

We all carry around grudges – some large, some small. The consequences of living with these grudges can negatively impact personal relationships, our weight, levels of jealousy towards others and even difficulty achieving success at work. This seminar follows the art of forgiveness, showing us the lasting effects of harboring grudges, and the power that returns to us when we allow ourselves to “let go” and move on.

[Register Today!](#)

Disability & Neurodiversity: Set Your Goals: Positioning for the Future – December 10, 2024 Noon

When we know what we want and identify strategies to accomplish what is important to us, we are much more likely to succeed. Learning to set our sights on the achievement of realistic and relevant short-term and long-term goals generates positive momentum we could all benefit from.

[Register Today!](#)

Child Care & Parenting: Raising Well-Balanced Children – December 16, 2024 Noon

This workshop will provide practical tips to help parents foster a healthy, positive foundation in their children. We will discuss self-esteem, emotional, physical and social issues, personal discipline, body image and gender differences and challenges.

[Register Today!](#)

Aging & Adult Care: Family Meetings & Having the Care Conversation – December 18, 2024 Noon

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!](#)

Screen Time for Kids -Dec 19, 2024 11:00 AM

In today's fast-paced world, screens have seamlessly integrated into various facets of our lives, spanning work, education, leisure, and social interactions. The pervasive nature of screens has significantly impacted the upbringing of children, who are now more immersed in screen-centric activities than ever before. However, many children lack the necessary self-management skills to regulate their screen usage effectively. Our upcoming webinar aims to provide parents with a roadmap for cultivating effective screen management plans tailored to the individual needs of their children. Join us as we delve into practical strategies for fostering a healthy relationship between children and screens in today's digital age. This webinar is for a global audience, and it will discuss strategies for children from 2-17 years old.

[Register Today!](#)

Your Healthy Lifestyle: Stress Management – December 23, 2024 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!](#)

December On-Site TIAA Financial Appointments

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

December Onsite TIAA Financial Advising Appointments

December 4th, 5th, 12th, 18th, 19th

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

December Financial Webinars

Take control of your financial life: 5 steps to save money and manage debt- Wednesday, December 4th 11:00 a.m.

Learn how to manage money, uncover how to set goals, balance your budget and use debt wisely. With the know-how you need and a little determination, you can put yourself on the path to greater lifelong financial security.

[Register Today!](#)

How can I afford college for my kids or grandkids- Thursday, December 12th Noon

Saving for a child's education is a crucial financial decision that can have a lasting impact on their future. In this webinar you'll gain insights into how to make the best decisions for your situation.

[Register Today!](#)