



## **December: Navigating the Holidays With Mindfulness and Wellness**

As we dive into the holiday season, our December newsletter is here to guide you in navigating the holidays with mindfulness and wellness. We have an update on the JED Campus Initiative, and our campus experts provide insights on how to reduce holiday blues and maneuver challenging family dynamics. Also, meet Houston's youngest poet laureate and UH alumnus who is connecting people through her art.

---

### **JED Campus Initiative**

In 2022, UH became part of the JED Campus Initiative, a four-year program dedicated to developing comprehensive mental health systems, programs and policies. Going beyond suicide prevention, this initiative strives to foster a campus culture that prioritizes mental health and life skills. Discover more about the program and the strides made in its inaugural year at UH.



The Jed Foundation

[Read More](#)



Profiles



### **Making Sense of the Holiday Blues**

John Vincent, professor of psychology, provides strategies for navigating the holiday blues and tips to effectively manage the shifting family dynamics for students returning home during the winter break.

[Read More](#)



### **The Art of Saying No**

UH professor Vanessa Patrick's research demonstrates that an empowered refusal enables individuals to live more authentically and explains the challenges people face in doing so.

[Read More](#)



Pro Tip





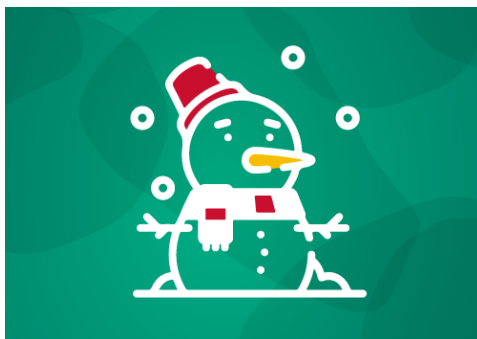
### **A Guide to Cultivating Better Sleep Habits**

Candice Alfano, professor and sleep and anxiety expert, provides insights on how to reduce anxiety and improve your sleeping habits.

[Read More](#)



## Faculty and Staff Resources



### **Live Webinar: Managing the Stress of the Holidays**

Tomorrow, **Tues., Dec. 12 at 2 p.m.**, join HR POWER UP Employee Wellness for this LIVE webinar presented by Deer Oaks EAP Services, the University's Employee Assistance Program. This special presentation for UH faculty and staff provides practical suggestions to help



### **Take the High Road**

This holiday season, don't forget; when unable to drive due to impairment or crisis, access the EAP's *Take the High Road Program*. Call for a ride and receive reimbursement up to \$45.00 once per year. Visit [Deer Oaks EAP Services](#) (user name & passcode: **UHMC**) or call toll-free **1-888-993-7650**. On the go access EAP

you navigate the holiday season successfully.

services through the **iConnect You** app (passcode: **230179**).

---

## Story of Care



### Helping Houstonians Find Their Voice

At 26 years old, UH alumna Aris Kian is Houston's youngest poet laureate and an ambassador for the city's culture and diversity. She is strengthening the community and sparking change by using the connective power of poetry and language.

[Read More](#)

---

Diane Z. Chase  
Senior Vice President for Academic Affairs and Provost  
[provost@uh.edu](mailto:provost@uh.edu)

Raymond S. Bartlett  
Senior Vice President for Administration and Finance  
[cfo@central.uh.edu](mailto:cfo@central.uh.edu)

This is an official message sent by the University of Houston. To verify the validity of this message, email [security@uh.edu](mailto:security@uh.edu)

