



Want to take steps to a healthier you? We can help!



Relieve Your Stress

Yoga Class- Equinox

Take a complimentary Virtual Equinox Yoga Class. This Vinyasa sequence focuses on opening the hips, building up a good sweat, then settling into a deep stretch.

[REGISTER BY CLICKING HERE](#). Class offering expires Jan. 31.

To register, contact Karenann.Delaney@equinox.com

Introduction to Meditation with Claire Hahn, Wellness Manager at UT System

This prerecorded session allows you to meditate at any time.

[Click here to begin your meditation](#)

Yoga at Home Video's

[Yoga for Resilience and Focus - VIDEO](#)

[Yoga to Calm and Cool - VIDEO](#)



Healthy Mind

EAP – Employee Assistance Program

The Employee Assistance Program provides counseling and support for employees and their household members. Contact EAP at (214) 648-5330 or email: eap@utsouthwestern.edu for more information.

MDLIVE – MDLIVE Behavioral Health Counseling



Speak with a licensed counselor, therapist or psychiatrist for support. Available 24 hours a day, seven days a week by appointment and video only.

Get help for issues such as anxiety, stress, depression, trauma , loss, and relationship problems. Call MDLIVE at (888) 680-8646



SLEEP

In this video series of “What to Know” on Dec, 11, 2020, [Joseph Takahashi](#), Ph.D., one of the world’s leading authorities on our body’s internal clocks and UT Southwestern’s Chair of Neuroscience, shares the science behind sleep deprivation, how it affects our bodies, and how we might put some of our fears to rest. He also explores the recent trends in sleep.

[Watch Here](#)



Do you Know?

1. [How Sleep Works](#)
2. [Recommended Sleep Times](#)
3. [Weight Loss and Sleep](#)
4. [Mental Health and Sleep](#)