The Employee Assistance Program (EAP) is hosting a virtual event to hold space for grieving the many types of losses that the UT community has experienced since the pandemic was declared on March 11, 2020. **The event will be at 1 pm on Friday 3/12/21.** Please register on UTLEARN.

Register Now
A Year into the Pandemics:  
Making Space for our Changes, Grief, and Growth

A 6-week therapeutic group offered by the Employee Assistance Program. The pandemics have revealed the fault lines within our society and the fragility of life itself. Personally and professionally, we face continued uncertainty, impossible decisions, loneliness, and depletion as the collective traumas continue to unfold. Many of us have lost so much this year that we don’t yet have the words to talk about it. At the same time, we seem to have gained a new perspective of our lives, our relationships, and our careers but our identities are still trying to catch up with who we are now.

As we approach the year anniversary of when the COVID-19 pandemic was declared, this group offers a space to connect and reflect—an invitation to slow down and make meaning of the new reality we are living in, in a way that holds the both/and of our changes, grief, and growth.

This group will gather for 6 weeks, guided by a series of weekly reflection prompts to reach inward and outward, to (re)connect with ourselves and each other. Each group will begin with a grounding exercise and then turn towards the prompts to examine over the weeks where we’ve been, assess where we are now, and finally consider what might be needed as we move forward into 2021.

The group will be facilitated by Amber Hunter-Crawford LCSW-S (she/her), one of the counselors at the Employee Assistance Program. The group will meet on Tuesdays from 3-4:15 pm via Zoom beginning on March
16th, and is limited to 6-8 participants. Group members commit to spending time outside of the group engaging with the reflection prompts. Group members will attend an online or telephonic screening with the facilitator before entry into the group. Call 512-471-3366 or email eap@austin.utexas.edu for more information.

Mindful Meditation

In a fast-paced world, it can be difficult to bring ourselves into the moments and slow down. Mindfulness practices are simple yet powerful techniques to increase our connection to our immediate experience. These practices have very practical benefits in our lives such as improved concentration, increase energy, and better overall mood. EAP is offering guided mindfulness practices via the Zoom platform. Join us as we guide and instruct in mindful exercises that will help you feel more fully aware and present in the moments of everyday life. Classes are offered each Tuesday and Thursday from 5 pm-5:15 pm. Register now through UT Learn.
Register Now

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