

# Living room



TEXAS SOUTHERN UNIVERSITY

**Webinar: November 17, 2009**

1 to 2 pm and 3 to 4 pm Eastern

## *Creating a More Resilient You*

Learn to develop strategies for remaining resilient and healthy amidst the relentless demands of work, unending personal responsibilities, and unexpected setbacks. Meet roadblocks head on with a positive "can do" attitude.

You can register via our website at [www.uteap.org](http://www.uteap.org). Click on Member Services to get to the member portion of our website. From there, click on WorkLife (on the left-hand side) and follow the link to access the log-in portion of the website. (Password: tsu.) A link for this and future webinars can be found at the bottom of the page.



## Revive. Refresh. Relax.

## November

## 09

Project deadlines. Family responsibilities. Ringing telephones and full inboxes. When is the last time you took time to recharge your batteries? Maybe it's a trip to an island, a night out, or a few minutes of brief meditation at your desk. Taking time away from your constant duties can actually help you to be more productive. Visit [www.uteap.org](http://www.uteap.org) to find helpful articles and other resources to help you plan for your getaway.

Let a work-life specialist assist you with resources and information to help you take a break from your fast-paced life. Call toll-free to get started.



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