

Benefits+YOU

THE UNIVERSITY OF MINNESOTA EMPLOYEE BENEFITS NEWSLETTER



May brings spring weather, the end of the semester, and Mental Health Month. Use the tips below to take care of yourself and your family during this busy time.



News

Join the Mindful Minute Challenge from May 16 through May 22 to earn 50–100 Wellbeing Points! You'll set your own goal and work toward meeting it. To join, go to "Challenges" under the "Social" tab on the [Virgin Pulse portal or app](#) a few days before the challenge begins.

Are rising prices affecting your mood? While inflation is out of your control, it may be helpful to take a close look at your finances. [Register for LSS's Financial Foundation sessions](#) (June 2–30, noon–1:00 p.m.) to get budgeting tips and strategies. LSS also provides [free financial counseling sessions](#) to University employees and [helpful blog posts](#) about managing your money.

Help staying calm and focusing. The Office of Human Resources is co-sponsoring the Bakken Center for Spirituality and Healing's "Mind-Body Tools to Manage Anxiety and Difficult Emotions" series this month. Each event is free to University employees and spouses. [Register for any or all of these virtual events.](#)



Explore

Having a hard time finding a therapist? You can call Medica Behavioral Health 24 hours a day, 7 days a week at 1-800-848-8327 for confidential help finding someone who is covered by your University medical coverage.

Help for kids and teens with autism or depression. [Medica's Family Support Navigator tool](#) can help parents and caregivers find providers and create a treatment plan for children with autism or depression. Extension also offers [general resources](#) on mental health for children and families.

Life insurance beneficiary. Have you recently gotten married or divorced, or do you have a new baby? You may want to choose or update your beneficiary (the person who will receive the benefit if you die). [Learn more](#) or [visit the Securian website](#) to make the change.

Get up to eight free, confidential counseling sessions through the Employee Assistance Program (EAP). This service is available to you, your spouse, and any dependent children. Call 888-243-5744 or go to [this website](#) to schedule your first appointment.

Don't like going to the dentist? You're not alone. Delta Dental shares tips on dealing with nervousness around going to the dentist (for adults and kids) in [this set of blog posts](#).



Join

Cooking for mental wellness. OHR is sponsoring two Healthy Foods, Healthy Lives Institute webinars featuring mindful cooking, meal planning, and eating. ["Healing for the Gut"](#) will be held on Thursday, May 12, at 5:30 p.m. ["Healing for the Heart"](#) will be held on Wednesday, May 25, at 5:30 p.m. Both events earn 250 Wellbeing Points and are free for University employees and spouses.

More mindfulness events. Check the [Events and Workshops page](#) for free or low-cost Wellbeing Points-eligible webinars covering mindfulness, financial wellness, and more.

[Click here to read previous editions of Benefits + YOU online.](#)