



A look back: Leaders in Clinical Excellence

If you missed the Nov. 14 Leaders in Clinical Excellence Awards, or just want to relive the special night, we invite you to visit *Center Times Plus* for a thorough overview of events, including:

- Event recap: [Clinical excellence takes center stage at inspiring event](#)
- Photo gallery: [Celebration snapshots](#)
- Video recording: [2024 Leaders in Clinical Excellence Awards ceremony](#)

We hope you enjoy this look back.



Managing family stress during the holidays

Along with feelings of joy, the holidays can bring elevated anxiety and stress.

Although we can't always change our family dynamics, we can limit the health risks related to this type of stress, says **Sarah Woods, Ph.D.**, Associate Professor and Vice Chair of Research in the Department of Family and Community Medicine. Research from Dr. Woods and others has found that contentious family relationships may be associated with serious increased rates of chronic health problems including headaches, stomach issues, and even strokes.

In a recent MedBlog, Dr. Woods offered seven tips to help people enjoy the season with more cheer and less stress, such as listening to your body, adjusting your expectations, ignoring "advice" from nonexperts, and asking for support.

[Read the MedBlog](#)



SIM Forum: Call for abstracts and emerging ideas

Mark your calendar for May 21, as UT Southwestern's Simulation (SIM) Center hosts the eighth annual Charles Morris Ginsburg Simulation-Based Quality Improvement and Research Forum. This daylong hybrid event will feature an exciting lineup of poster and oral presentations, bringing together clinical and research professionals passionate about simulation-based learning.

The SIM Center invites interested individuals to **submit abstracts and emerging ideas by Jan. 26**. Materials can be uploaded directly through the event website linked below.

Stay tuned for future updates on registration and keynote speakers!

[Submission information](#)



M.S.H.I. application deadline extended

Did you miss the deadline to submit your application for the Master of Science in the Health Informatics (M.S.H.I.) program? You're in luck. The application deadline has been extended to **Dec. 31!**

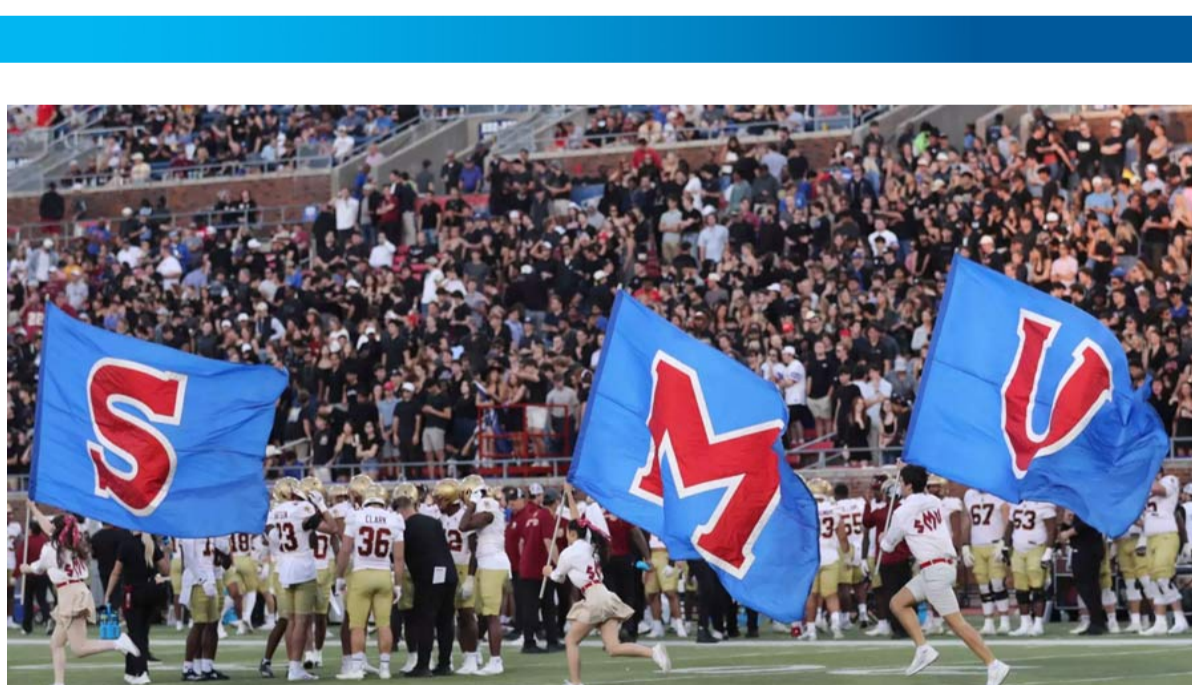
This program offers a unique opportunity to delve deep into the dynamic world of health informatics and explore its transformative impact on health care. Graduates of this program have pursued careers as data analysts, data scientists, health information managers, health IT project managers, and many other roles at the intersection of health care and data.

Recent graduate **Eugene Abraham, M.S.H.I., RN**, praises the program, sharing:

"I love that all the instructors and professors in this program bring real-world experience to the table, not just theoretical knowledge. Their insights offer such a clear picture of each aspect of the field. It's rare to find a program that strikes the perfect balance between theory and practical application like this one."

Don't miss out. Apply today to join the Fall 2025 cohort, and put the power of data in your future.

[Apply today](#)



Calling all SMU fans

Southern Methodist University (SMU) is one of 12 football teams going to the College Football Playoffs! As the Official Health Care Partner of SMU Athletics, UT Southwestern is excited to celebrate this historic accomplishment.

To cheer on the Mustangs, we'd love your help creating a special video for social media. On Wednesday, Dec. 18, wear your blue-and-red SMU best (or UTSW gear), and then at 12:30 p.m., join us in front of Clements University Hospital, located on the corner of Harry Hines Boulevard and Paul M. Bass Way. Don't forget your signs and cheering voice!

Please [contact](#) UTSW's Brand team with any questions.



UTSW Events Calendar

Looking for your daily dose of happenings?
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

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