

Self Care

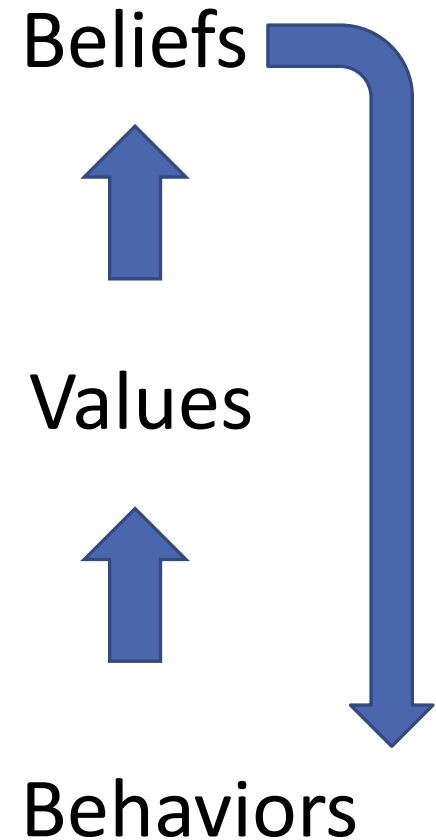
AMY THOMPSON, LICENSED CLINICAL SOCIAL WORKER

Stress Reactions

- Disrupted sleep and eating patterns
- Notice how your body wears stress
- Irritability, crying spells, isolation
- Difficulties with concentration, lack of attention
- Negativity in thought patterns

Self Care Mind Set

Is self care a set of activities to add to your calendar or a mindset that you carry into every activity all the time?



Physical Self Care

- Maintain good patterns for eating, sleeping, exercise and movement
- Maintain routines during busy seasons and transitions

Emotional Self Care

- Acknowledge any and all feelings
 - Name it to Tame it
- Self reflection and journaling can support you in managing unresolved and current feelings
- Recognize someone else's pain without absorbing it
- Pursue hobbies, interests, passions

Psychological Self Care

- Identify your thoughts about self and work
- Explore expectations of self
- Be mindful of the words and thoughts that you communicate
- Identify your steps for decompressing

Spiritual Self Care

- Identify your spiritual practices and maintain them
 - No one will do this for you
 - Identify how you will maintain when things get hard

Understand that your psychological and emotional health will impact your spiritual health and in return your spiritual health will impact your psychological and emotional health.

Self Care and Boundaries

- Utilize your support systems
 - Clergy Colleague, Mentor, Coach, Trusted Friends
 - How will you self monitor your need for support?
- Your Schedule
 - Spiritual disciplines, personal time with family, Sabbath time
 - Communicate with PPR so they can support your schedule
 - How will you be mindful of finding balance with your schedule?
- Utilize your vacation time

Seek Mental Health Support

- Monitor duration
 - Monitor intensity
 - Acknowledge your level of coping skills
 - Consider your need for individual, couples or family sessions
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- Utilize the services of the Employee Assistance Program
<https://www.liveandworkwell.com/en/member/benefits/eap.html>
1-866-881-6800

Call [1-866-881-6800](tel:1-866-881-6800) anytime for confidential help



 Live and Work Well : Benefits

- [Behavioral Health Coverage >](#)
- [Employee Assistance Program \(EAP\) >](#)
- [WorkLife Services >](#)
- [Legal & Financial Services >](#)
- [Additional Benefit Information >](#)

Your Employee Assistance Program (EAP) is here to help you, and your family, get the most out of life. We're ready to help with the small questions and the big problems, and everything in-between, such as:

- Managing stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Getting the most out of your career
- Finding child development, childcare or elder care resources
- Getting past emotional issues or grief
- Addressing depression, anxiety or substance use issues

This service is confidential and our EAP Specialists are available 24/7. They can provide you immediate help or direct you to one of our network for providers for a no-cost, face-to-face consultation.


Who is eligible for this benefit?

Request authorization to use face-to-face visits.

Feedback

Create a Plan

Physical	Emotional	Psychological	Spiritual



**“SELF-CARE IS
NEVER A SELFISH
ACT-IT IS SIMPLY
GOOD
STEWARDSHIP OF
THE ONLY GIFT I
HAVE, THE GIFT I
WAS PUT ON
EARTH TO OFFER
TO OTHERS.”
- PARKER PALMER**