Self-Care for the Caregiver

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SELF-CARE

“What people do for themselves to establish and maintain health, and to prevent and deal with illness.”
PROFESSIONAL & PERSONAL BENEFITS

- Improves worker performance and career/job satisfaction
- Changes the culture of work
- Helps prevent burnout and compassion fatigue
- Improves physical health
- Helps build self-confidence/self-esteem and self-awareness
- Reduces the negative impacts of stress
- Increases resilience
- Improves patient satisfaction and outcomes
- Improves personal and professional relationships
WHY SELF-CARE MATTERS

“Almost everything will work again if you unplug it for a few minutes, including you.” – Anne Lamott
WHY AREN’T WE PRIORITIZING SELF-CARE?

Things we tell ourselves....

There is no time... XYZ must come first

It is more important to help others

I just need to push through

I can do it all

Habits are hard to break at this stage in my life

Someone must do it, or it will not get done
TYPES OF SELF-CARE
**EMOTIONAL ACTIVITIES THAT HELP YOU MANAGE AND EXPRESS YOUR EMOTIONS ON A REGULAR BASIS**

<table>
<thead>
<tr>
<th>Feeling Awareness</th>
<th>Say “no”</th>
<th>Talk with someone about what you are feeling</th>
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</thead>
<tbody>
<tr>
<td>• Take time to reflect on your feelings</td>
<td>• Set clear boundaries for your time and energy</td>
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<tr>
<td>• Acknowledge and understand your emotions</td>
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<tr>
<td>• Feel what you need to feel</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress management</th>
<th>Coping Skills</th>
<th>Laughing</th>
<th>Crying</th>
<th>Positive Affirmations</th>
<th>Compassion</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Identify your triggers stressors</td>
<td>• Mindfulness</td>
<td>• Be kind</td>
<td>• Mindfulness</td>
<td>• Relaxation techniques</td>
<td>• Give grace</td>
</tr>
<tr>
<td>• Incorporate stress management techniques</td>
<td>• Relaxation techniques</td>
<td>• Be kind</td>
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<td>• Journaling</td>
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<td></td>
<td>• Explore the positives</td>
<td>• Give grace</td>
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</table>

- **Positive Affirmations**
  - Be kind
  - Give grace

- **Compassion**
  - Be kind
  - Give grace

- **Laughing**

- **Crying**
PSYCHOLOGICAL ACTIVITIES THAT STIMULATE YOUR MIND

- Personal development
- Professional development
- Coaching
- Mentoring
- Supervision
- Reading a book
- Learning a new skill or hobby
PHYSICAL
Activities that improve your physical health and wellbeing

PHYSICAL ACTIVITY
HEALTHY NUTRITION
ADEQUATE SLEEP
HEALTH MAINTENANCE
SPIRITUAL

ACTIVITIES THAT ALLOW YOU TO CONNECT WITH YOUR PURPOSE AND MEANING

- Meditation
- Prayer
- Explore your beliefs
- Connect with nature
SOCIAL
Activities that nurture and deepen your relationships with others

- Spend time with family and friends
- Rely on your supports
- Incorporate healthy boundaries
- Meet new people
Employee Assistance Program
Overview

Employee Assistance Program is a benefit that provides short-term counseling and support to employees and/or eligible family members who are experiencing personal or work-related problems.

Eligibility
Benefit eligible employees and their household members

Services Provided
Confidential Counseling, Manager and peer consultations, Critical Incident Debriefing, Referral and Resource Information, External mental health referrals, Leadership Training and Support, Training Seminars, 24/7 After Hours Response for Urgent Matter, UTSW Cares For You

Concerns Addressed

Personal
Anxiety, Caregiver Stress, Depression, Family Issues, Grief, Life Transition, Parenting, Physical, Emotional & Verbal Abuse, Relationship Problems, Substance Use and Abuse, Stress, Trauma, Work Life Balance

Professional
Alcohol or Drug Assessment, Career Transition, Change in the Workplace, Grief, Burnout and Compassion Fatigue, Organizational Restructuring, Performance Development, Reduction In Force, Safety Risk Assessment, Workplace Conflict, Work-Related Stress

Appointment Scheduling
Phone: 214.648.5330 Toll Free: 1.800.386.9156
Email: eap@utsouthwestern.edu
RESOURCES

**Employee Assistance Program**

- Recognizing that employees and their families sometimes need to address problems in a confidential, professional manner, UT Southwestern offers an Employee Assistance Program (EAP) as part of our benefits package.
- Get support from an experienced, licensed Employee Assistance Program counselor

**UTSW CARES FOR YOU**

- A voluntary and anonymous questionnaire offered by is designed to help you assess your current state of mental health and well-being

**MDLIVE Behavioral Telehealth**

- A UTSW benefit that provides access to free medical and mental health services
Be gentle with yourself and others!

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