

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

Feeling Awareness

- Take time to reflect on your feelings
- Acknowledge and understand your emotions
- Feel what you need to feel

Say “no”

- Set clear boundaries for your time and energy

Talk with someone about what you are feeling

Stress management

- Identify your triggers stressors
- Incorporate stress management techniques

Coping Skills

- Mindfulness
- Relaxation techniques
- Journaling
- Explore the positives

Laughing

Crying

Positive Affirmations

Compassion

- Be kind
- Give grace



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



SOCIAL

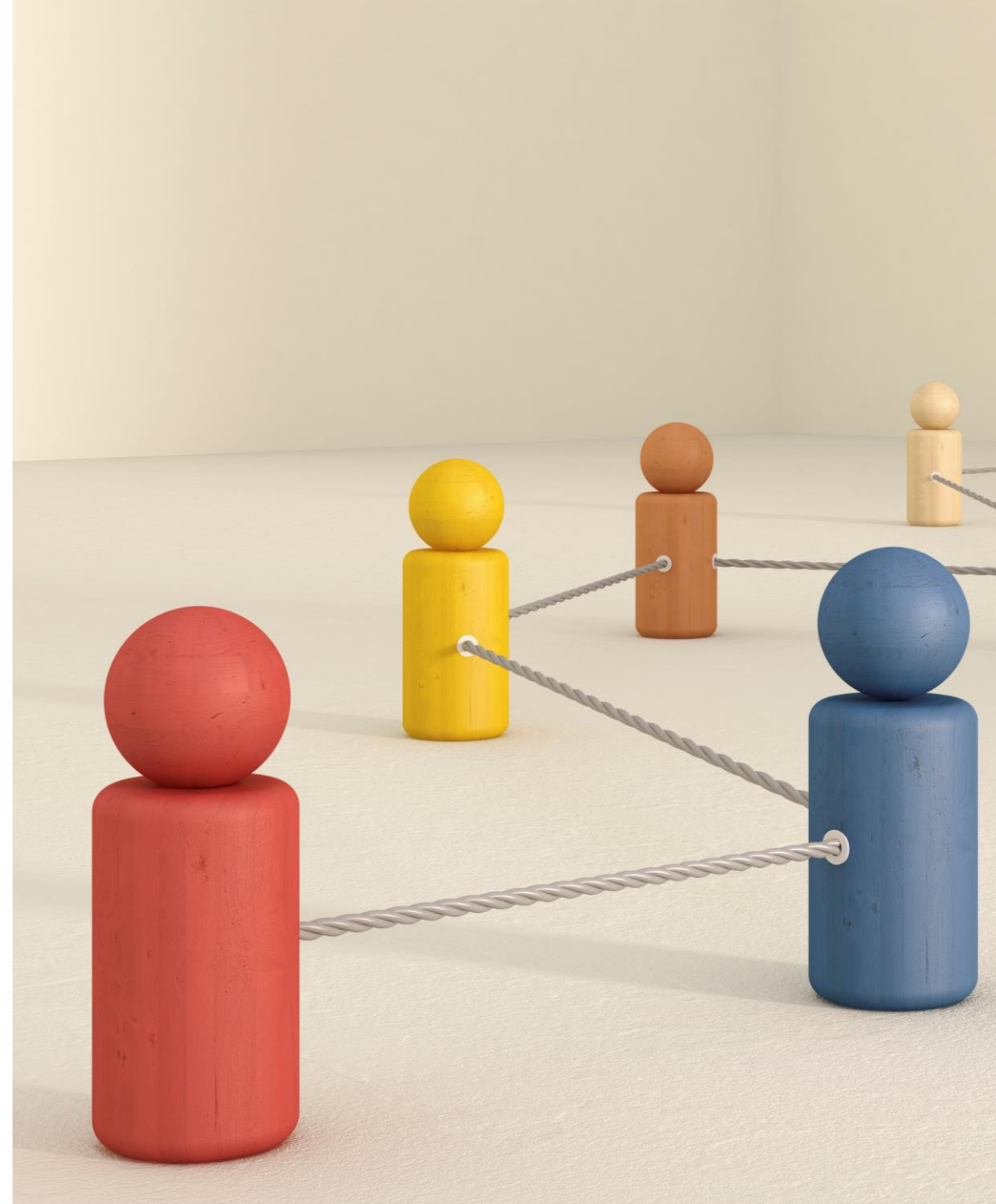
Activities that nurture and deepen your relationships with others

Spend time with family and friends

Rely on your supports

Incorporate healthy boundaries

Meet new people





Employee Assistance Program



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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