## SELF-CARE

Tools to manage and prevent stress

# **UMMC Center for Integrative Medicine app**



Self-care videos created by UMMC integrative health experts

# **Well-Being Initiative**

American Nurses Association



### **Integrative Care Team**

YouTube videos of guided relaxation techniques



### **Holistic Nurses** Association

Self-care resources including guided imagery



### **Pet Therapy**

Email animaltherapy@umm.edu to set up a visit

### **Knowledge of Financial Education** (KOFE)



Free Financial Counseling

"Rebounding from COVID-19" Webinars

### **COWORKER SUPPORT**

Support each other through difficult times

#### Take 5

24/7 Access

- Look for signs of stress in coworkers.
- Give them a Take 5 bag.

### **Resiliency Rooms**

- Take a break in a space away from patient areas
- Gudelsky 9 waiting area Gudelsky 5 waiting area • T2R55 • T4N28 • T5N28 • T6N28 • TGR031 • 4SD22 • Hall E BCCFH

#### Schwartz Rounds

Multidisciplinary Clinical Staff

- Safe forum to share
- Discuss difficult emotional/ social issues
- Case studies
- Several sessions per year

#### **Virtual Teatime**

Contact Rabbi Ruth To schedule email: rsmith5@umm.edu

### TRAINED PEER

Confidential, trained peer support

#### Resilience In Stressful Events (RISE)

24/7 Access/confidential In-house - use pager link on the Insider:

- Enter ID# 12602
- Search "RISE"

#### Off Campus

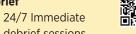
call 410-328-2337 Use ID# 12602

#### **Wellness Champions**

For residents/fellows

- Attending Physicians available
- Helpful ear and guidance:
  - During a difficult time
  - Support from someone who has been in your position
- All different specialties
- Email champion to set up a time to talk

### **Pastoral Care Group Debrief**



- debrief sessions
- For staff with traumatic patient experiences
- 410-328-2337 with ID# 4659

### **Employee Assistance** Program (EAP)

Free, confidential counseling



- All employees and their families
- 24/7 availability for urgent issues
- Call 677-214-1555
- Phone & telehealth consults
- Contact Amy Johnson for appointments amjohnso@som.umaryland.edu
- UMMS-EAP.org

### **Carebridge Work-Life Program** 24/7 access

- Free, private consultation
- For issues that matter to you.
- Call anytime with concerns regarding childcare, caretaking, work-life balance, legal resources, etc.
- www.myliferesource.com
- 1-800-437-0911
- Access code: J887Y



Take a photo of the QR code with your phone to link to the resource

