

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

- 24/7 Immediate debrief sessions
- For staff with traumatic patient experiences
- 410-328-2337 with ID# 4659



PROFESSIONAL

Free, confidential, professional resources

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