

Self-Care Related Resources

May 2020

Name	Description	Day/Time	Frequently Asked Questions and Answers
NEW WEBSITE Created for Hospital Staff Resources	This website is hosted by Rutgers University and contains a variety of trauma-related information for hospital staff categorized by “Support Meetings & Webinars,” “Hospital Staff Resources,” and “Online Trainings.”	Can be accessed at any time: https://sites.rutgers.edu/shp-shpri/	Can I complete online trainings and print out certificates? Yes, there are several trainings available with the ability to print certificates. Are there self-care resources available? Yes, located under the “Hospital Staff Resources” tab and “Support Meetings and Webinars” tab. Can I sign up for webinars? Yes, under the “Support Meetings and Webinars” tab.
Mutual Support Meetings (Peer-facilitated)	These are informal, peer-run Zoom meetings for staff to connect and support one another through these challenging times. During meetings you may also share resources and self-care strategies. They are offered for supervisors and non-supervisors separately.	T: 11am-12pm (non- supervisor) T: 2pm-3pm (non- supervisor) W: 11am-12pm (non- supervisor) W: 4:30-5:30pm (non- supervisor) Th: 11am-12pm (non-supervisor) Th: 2pm-3pm (supervisors) You can access the mtg via the new website: https://sites.rutgers.edu/shp-shpri/mutual-support-meetings/	Will what I say be reported to my supervisor? No, facilitators will not be reporting what you say to anyone including supervisors. We encourage confidentiality from all attendees but can’t guarantee it. <i>Exception:</i> Patient abuse, danger to self, others or property must be reported. Is this therapy or counseling? No, this is not counseling/treatment. It is mutual support from colleagues. Do I have to put my video on and speak? No, you are not required to speak, and your video does not need to be on. How can I access these meetings? Via cell phone, laptop or desktop computer. Who will be at my meeting? Meetings are separated by supervisors and non-supervisors to increase safety. Colleagues from all hospitals may attend.
Additional Employee Advisory Service (EAS)	EAS is offering hospital-specific <u>counseling</u> services in response to Covid-19 as well as for other work-related concerns or problems. Currently all sessions are only remotely offered. EAS has assigned two counselors for each hospital.	24/7- you may leave a message at 866-327-9133 . Or sign up at https://www.signupgenius.com/go/70A0A45A8A622A2FB6-howcan for specific time slots available between 6am-9pm M- F	Will my supervisor learn if I contact EAS services? No, your supervisor will not be informed that you accessed these services. How do I sign up? You can sign up confidentially via Sign-up Genius https://www.signupgenius.com/go/70A0A45A8A622A2FB6-howcan or you can go through your HR department. How are these sessions offered? Staff members can choose a telephone call, Zoom meetings or other platforms (MS Teams, Skype, etc.). Do these services cost me anything? No, they are offered at no cost to you.
Supporting Messages	Provide practical tips and resources for self-care during these uncertain, ever-changing times.	Emailed weekly and posted on the new website: https://sites.rutgers.edu/shp-shpri/supporting-messages/	How can I access these Supportive Messages and find more information about them? Go to new website at https://sites.rutgers.edu/shp-shpri/supporting-messages/

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Daily Morning Mindfulness Practice	Mindfulness is about staying present to the current moment and increase the relaxation response. Daily Mindfulness Scripts are designed to help staff and patients during this challenging time.	These practices will be emailed daily and archived on the new website: https://sites.rutgers.edu/shp-shpri/mindfulness/768-2/	<p>What is a mindfulness practice? It is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.</p> <p>What is the purpose of a mindfulness practice? The purpose is to use it as a tool to relax the body and mind and help reduce stress.</p>
Mindfulness Webinars	These are live webinars with both guided and minimally guided mindfulness practices that are open to both staff and patients.	M, W, F: 7:30-8:15am (minim. guided) M, T, W, Th: 11:15am-12pm (guided)	<p>How can I access these webinars? https://sites.rutgers.edu/shp-shpri/mutual-support-meetings/</p> <p>Is it for patients too? It is specifically designed for hospital staff, but yes, patients may benefit as well.</p>
Self-Care Webinar Series	In these five webinars, you will learn and/or be reminded of simple ways to stay well. You will have a chance to practice self-care and plan how to build these habits into your life. Feel free to share with patients, family and loved ones.	Can be accessed at any time and is posted on the new website: https://sites.rutgers.edu/shp-shpri/mutual-support-meetings/	<p>How long are they? Each session is 15-20 min</p> <p>Can I use it for patients too? It is specifically designed for hospital staff, but yes, patients may benefit as well.</p> <p>What will be covered in these sessions? <i>Session 1: Pause, Breathe, and have compassion for yourself and others</i> <i>Session 2: Pause, Breathe and Move</i> <i>Session 3: Pause, Breathe, and Nourish the Mind</i> <i>Session 4: Pause, Breathe, Move, and Nourish the Body</i> <i>Session 5: Pause, Breathe, and Move for Improving Sleep</i></p>

FREE DOWNLOADABLE APPS

- ❖ **HEADSPACE** (<https://www.headspace.com>): Offers guided and unguided meditations.
- ❖ **INSIGHT TIMER** (<http://www.insighttimer.com>): For sleep, relaxation and more.
- ❖ **BREETHE** (<http://www.breethe.com>): Relaxing sounds and guided meditation to sleep better & be calm.
- ❖ **CALM** (<https://www.calm.com>): Meditation and sleep stories.
- ❖ **Down Dog Yoga** (<https://www.downdogapp.com/healthcare>): Showing yoga practices.
- ❖ **Mood Mission** (<http://moodmission.com>): It gives a tailored list of 5 simple, quick, effective, strategies to improve mood.
- ❖ **Happify** (<https://www.happify.com/public/science-behind-happify/>): It is grounded in the fields of positive psychology, mindfulness and cognitive behavioral therapy and uses activities and games to help you control your thoughts and feelings.
- ❖ **Breathe2relax** (<https://breathe2relax.soft112.com>): Helps manage and track breathing.