

# Optum



Relias Spotlight Series

**June 2023**

This month we are shining a spotlight on Self Care Strategies. As a health care professional, you dedicate time to supporting your members, family, and friends. Do you set time aside to assess your mental, emotional, and physical health?

Take a moment to do a quick self-analysis.

- Am I getting enough sleep?
- Is my diet nutritious?
- How often do I exercise?
- Am I connecting with the people I care about?
- When was the last time I did something that brings me joy?

If you find yourself dissatisfied with the answers to any of these questions above, consider the following:

- What are your goals?

- What obstacles are in your way to accomplishing your goals?
- What are healthy habits you can create to help you reach your goals?

Listed below are some self-care practices that are in your control and could be incorporated into your daily and weekly schedule:

- Getting enough sleep – establish a bedtime routine
- Eating a nutritious diet – try meal planning
- Exercising – schedule it as an appointment
- Spending time outside – give yourself a change of scenery
- Participate in activities you enjoy – try something new
- Social connections with family and friends – add it to the calendar

Always think of yourself as your #1 patient. Acknowledge that when you are feeling at your best, it allows you to be more effective in all aspects of your life!

If you would like to learn more about self-care topics, explore the following courses on Relias.

Class	Course	CEU
Self-Care Strategies for Frontline Professionals	REL-BHC-0-SCSFP	1.25
Stress Management Strategies for Behavioral Health Professionals	REL-BHC-0-SMSBHP	1.25
Caring for Caregivers: Supporting Individuals that are Supporting Others	REL-BHC-0-CCSISO	1.25
Optum Idaho Conference 2022 Self-Care & Trauma Work What No One Wants to Say	1152532	1
A Self-Care Guide for the Paraprofessional	REL-BH-0-BHPOTG9	.12
Taking Stock of your Work/Life Balance	REL-ALL-SS-TSYWLB	.4
Staying Balanced in a Shifting World	REL-ALL-SS-SBSW	.2