

## **RHATC Provider Self-Care**

Even when life is going smoothly and expected it is valuable and effective to uphold health sustaining choices – it is the quickest way to exercise positive influence within the humble area of realistic control. Engaging with an individual with mental health needs requires even the most resilient to unhook, process and re-set back to center.

Re-set Snacks: Below you will find simple, efficient and accessible choices that can be applied after a session with an easy patient all the way to a suicide risk patient. Consider each one as an experiment. Change it to suit your personality and lifestyle. Whatever approach benefits you the most. This is an opportunity to control your own health sustaining prescription.

\*Transitioning from patient experience to re-set snack: Acknowledge your effort. This was your experience too.

1. Listen to your favorite song
2. Imagine yourself in a cloud of your favorite color
3. Remember a moment where you felt confident and supported
4. Appreciate someone you love
5. Hum your exhale/keep mouth closed on inhale. Repeat as needed.
6. Feel your feet. Imagine the ground rising up to support you.
7. Soft bouncing – shake it out until loosened.
8. Drink a glass of water.
9. Have a private stash of the most amazing chocolate – savor the first bite slowly.
10. Get a hug or imagine receiving a hug from your favorite person.
11. Step outside
12. Stretch and reach for the sky. Alternate reaches.
13. Gentle marching, placing opposite palm on opposite knee when knee is lifted.

\*Transitioning from re-set snack back to pt experience – Connect with a person, place or experience you feel grateful for.

### **\* FYI: Hope4Healers Helpline (919) 226-2002**

A new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience support for health care professionals, emergency medical specialists, childcare professionals, educators, disaster and first responders, other staff who work in health care and educational settings and their families throughout the state.

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