

# REACH OUT



In crisis now? Call the Benton County Crisis Line at 1-888-232-7192



Text HOME to [741741](tel:741741) from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



Employee Assistance Program (metlife: all staff are eligible)  
5 free sessions with a licensed counselor for you and your dependents per issue, per dependent  
1-888-319-7819



Employee Assistance Program (Samaritan-you are only eligible if enrolled in Benco insurance)  
3 free sessions per unrelated incident for you and your dependents. 24/7/365 crisis coverage  
800-433-2320  
Text 503-980-1777

REACH OUT. YOU ARE NOT ALONE

Know the sign and symptoms of compassion fatigue and burnout

- Apathy
- Frustration
- Depression
- Anxiety
- Hopelessness
- Low sense of accomplishment
- Poor concentration
- Tardiness and absenteeism
- Depersonalizing others
- Insomnia
- Fatigue
- Memory problems
- Head, back, or muscle aches

If you are seeing these symptoms or signs in yourself or your co-workers, reach out. Remember, it is ok not to be ok AND there is support. You are not alone.



LET'S TALK ABOUT SELF CARE



**Self-Care is not selfish. It is essential. You cannot calm others if you are already at your limit.**

Life is all about balance, but when you are dealing with stress at home and at work, how do you find your calm? The first step is recognizing your stress points and indicators of anxiety in your own body. When you are experiencing stress your body can become tense, your heart rate can increase but if you are not in tune to these signs you might miss them. Stress has a way of shouting louder when it is ignored for too long! At Benco, we want to provide you the support and tools to show up as your best self. Please contact the DOP to explore any more of the information in this guide or to ask for other tools and support.

# Types of self care everyone should be practicing

<u>Physical</u>	<u>Social</u>	<u>Spiritual</u>
Sleep	Friends/family	Time alone
Stretching	Support systems	Enjoying nature
Walking	Safe boundaries	Mediation
Diet	Positive Media	Journaling
Yoga	Communication	Yoga
Rest	asking for help	Music

<u>Emotional</u>	<u>Personal</u>
Emotional Intelligence	Know yourself
Stress Management	Love your true self
Emotional Maturity	know your worth
Forgiveness	Personal identity
Kindness	Hobbies
Reflection	

<u>Financial</u>	<u>Space</u>
Saving	Healthy Environment
Budgeting	Security and Stability
Splurging	Positive Surroundings
Sharing	Safety

<u>Work</u>
Positive workplace
Time Management
Learning opportunities/ mindset
Breaks

## A Step-By-Step Guide to Diaphragmatic Breathing

**Step 1**  
Sit or lie down in a comfortable position on a flat surface.



**Step 2**  
Sit up straight and pull your shoulders back to relax them.



**Step 3**  
Put one hand on your chest and one hand on your stomach.



**Step 4**  
Breathe in through your nose for about two seconds.



**Step 5**  
Purse your lips, press gently on your stomach, and exhale.



**Step 6**  
Repeat these steps several times for the best results.



A simple but powerful formula:  
Healthy habits + taking care of minor and long term conditions = self care

Boundaries protect your mental health!  
Set Boundaries and enforce them.  
Remember that saying no to some things allows you to say yes to yourself and to be more present when you are able to say yes.

Breath focus is a common feature of several techniques that evoke the relaxation response. The first step is learning to breathe deeply.


### Box breathing



**Benefits of box breathing:**

1. Brings balance to your mind and body
2. Regulates your natural rhythm
3. Effective in dealing with stress, anxiety and anger

### 4-7-8 breathing



**Benefits of 4-7-8 breathing:**

1. Brings balance to your mind and body
2. Allows your mind to slow down
3. Effective in reducing stress, anxiety and helps you sleep