



INTEGRIS

INTEGRIS Wellness Self Care Guide

INTEGRIS is committed to the well-being of our caregivers. We believe self care and patient care are NOT competing interest. Caring for yourself is one of the most important – and one of the most often forgotten – things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Self care is an important component of professionalism; it is also a skill that must be learned and nurtured. INTEGRIS is committed to provide access to a full range of activities and services to support the well-being of all caregivers.

Psychological, emotional and physical well-being are critical in the development of the competent, caring and resilient health care professional. This guide is to help you practice good self care.

Some services may require a fee.

INTEGRIS Employee Assistance Program: No-cost, confidential solutions to life's challenges.

Your GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them. Services include Emotional Support, Work-Life Solutions, Legal Guidance, Financial Resources and Online Support.

**Call 844-729-5171
TDD 800-697-0353**

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

**Online: guidanceresources.com
App: GuidanceResources® Now
Web ID: INTEGRIS**

Log on today to connect directly with a GuidanceConsultant about your issue or to access articles, podcasts, videos and other helpful tools.

Following are the steps to access the INTEGRIS EAP.

- 1 Visit www.GuidanceResources.com
- 2 Click the "Register" link
- 3 Enter "INTEGRIS" for the Organization Web ID
- 4 Enter your information into the web form

Pastoral Care

Chaplains pray daily for prayer requests that arise. Prayer boxes are located in the chapels of several INTEGRIS facilities. You may also email your prayer request to the chaplain of your local facility. You may request a confidential visit with a chaplain by emailing or calling the chaplain for your local facility. Chaplains assist with cultural and spiritual issues for all ethnicities, cultures and faith traditions, along with grief counseling and support for staff with personal concerns. Contact your chaplain at your local facility to access this resource.

INTEGRIS Mental Health

Living or working in a high speed, multi-tasking environment can leave you feeling frustrated and frazzled – far from the peaceful, joyful life you could be living. The R. Murali Krishna, M.D., emotional wellness podcast and video series is available for free download. Visit our website for free, anonymous, online mental health screenings, as well as resources and information: <http://integrisok.com/imh>

Massage Therapy

Massages can help ease common ailments such as headaches, eyestrain and lower back pain and may also provide relief for ailments such as asthma, arthritis and insomnia along with providing supportive therapy for those in counseling for mental health issues or treatment for addiction. Massage services are available at the following locations: INTEGRIS Cancer Institute, INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, YMCA Healthy Living Center – INTEGRIS, and in your department. To schedule, call 405-250-9428.

Fitness Centers

INTEGRIS Health encourages our employees to be more physically active. To support our efforts, we have discounts to fitness centers statewide and on-site fitness centers at several of our facilities including these locations: INTEGRIS Southwest, INTEGRIS Health Edmond, INTEGRIS Mental Health Spencer, INTEGRIS Cancer Institute, INTEGRIS Deaconess, INTEGRIS Bass Baptist Hospital in Enid, INTEGRIS Miami Hospital and INTEGRIS Grove Hospital. The on-site fitness centers are open to employees and physicians only. Fitness Center Orientations and Personal Fitness Evaluations are available upon request.

Walking Trails: Walk on our beautiful, quarter-mile outdoor walking trail at INTEGRIS Canadian Valley Hospital. We have walking trails at all our facilities.

Discounted memberships are available to all INTEGRIS employees at the YMCA.

The INTEGRIS On Your Health Blog

There's a lot more to health care than just medicine. There's physical, spiritual and mental well-being, which often makes it possible to prevent problems in the first place. The INTEGRIS On Your Health blog has an abundance of Oklahoma-centric, original

health articles created just for INTEGRIS readers, from INTEGRIS doctors and experts, to help you live your healthiest life. New articles are published three times a week! Visit the blog at integrisonyourhealth.com. To have the latest blogs delivered straight to your inbox once a week, sign up for the newsletter at <https://integrisok.com/resources/network/newsletters>.

Recognition and Praise

Research shows that when we hear something we like, a burst of dopamine is released into our brains. Dopamine is a neurotransmitter, and it's associated with feelings of joy, pride, satisfaction and well-being (MindTools.com). Take a minute to visit the INTEGRIS Recognition and Praise site to express your gratitude to your colleagues for a job well done. <https://hranytime/recognition/>

Team Development

INTEGRIS Leadership Institute provides opportunities for department leaders to involve their entire team in a variety of engaging development offerings. Learning topics could include enhancing communication, building trust, managing conflict, navigating difficult conversations, creating a culture of accountability and others based on need. Sessions can be held on-site or at a location of your choosing. All sessions are fully customizable. Ropes Challenge Courses are also available.

INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit

The center provides massage therapy services as well as educational workshops and options to explore complementary and integrative medicine modalities and the importance of the mind, body, spirit connection on physical and mental health. <http://integrisok.com/mbs>, Phone: 405-713-9950

The Center for Mind, Body and Spirit offers the following services.

- Massage
- Training and education programs for health care providers
- Public workshops featuring leaders in the field of mind-body medicine
- A media center with more than 2,000 books, journals and videos available to the public
- A speakers' bureau



INTEGRIS Cancer Institute: Integrative Medicine

An intelligent combination of conventional and complementary therapies that incorporate the whole person (body, mind, spirit). Treatments may include herbal medicine, acupuncture, massage, biofeedback, yoga, nutrition and stress reduction techniques. For fee information and to schedule an appointment, call 405-773-6400.

Clinical Ethics

Clinical Ethics provides a structured approach for addressing ethical issues in the clinical setting. Ethical issues are value-laden conflict or uncertainty of preferences and professional responsibilities among patients, families or caregivers. An ethics consultation is confidential. A consultation helps identify conflicts, facilitate communication and collaboration, evaluate options, and make recommendations for principled resolutions. An ethics consultation also offers moral support to caregivers. To request a consultation, call 405-945-4558, email ethics2@integrisok.com, or place an order in EPIC.

Pet Therapy

Pet therapy is a broad term that includes animal-assisted therapy and other animal-assisted activities. Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue. More than a dozen registered therapy dogs and their handlers are part of the INTEGRIS Pet Therapy program. They make regular visits to various hospital departments and even make special visits on request. The dogs are a welcome distraction and help reduce stress and anxiety. To request a special visit, please contact INTEGRIS Volunteers Services at 405-949-3183 for metro and 580-548-1113 for Enid.

Mentoring/Volunteering

Volunteers make an immeasurable difference in the lives of others. But did you know that volunteering can benefit your own health as well? From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for adults. Are you interested in becoming a volunteer? Join the INTEGRIS team of volunteers and make a difference in the lives of the community, patients and staff. Volunteer opportunities include the following.

- I-CREW
- Positive Directions Mentoring Program
- Mobile Meals
- Boys and Girls Club – Miami and Grove
- Coach a Kid – Enid
- Volunteer at an INTEGRIS facility near you. Visit <https://integrisok.com/about-integrис/volunteer>

Lifestyle Management and Maintenance Programs

INTEGRIS offers a wide variety of options to help you address your emotional and mental well-being, improve your eating habits, increase physical activity, learn how to quit tobacco and lose weight, as well as help you maintain or improve your overall well-being. Visit <https://integrisok.com/employee-wellness/learn-about-our-programs/lifestyle-management-and-maintenance>

INTEGRIS Decisions

Through the years we will find ourselves struggling with issues too large to handle on our own. Stress, anxiety, depression, addiction, divorce, grief, illness and family problems happen. Our program is results oriented – short term, intensive and effective. Decisions will help you understand your symptoms, explore the causes of your symptoms and learn techniques for reducing stress. You will also learn to manage your responses, regain positive control of your life and develop resilience, which can improve your overall health. Our treatment programs are for adults and adolescents age 13 to seniors in high school. This integrated treatment program, can help you get your life back on track with intensive therapy that fits your lifestyle, your needs. If you find yourself feeling out of control, wondering if you'll ever get your life back, decide to live well. Call INTEGRIS Decisions at 405-717-9840 or 405-951-2273.

INTEGRIS Arcadia Trails

Arcadia Trails is a chemical-based addiction recovery center that adheres to the model that addiction is a brain-based condition that adversely impacts an individual's thinking, emotions, behavior, spirituality and social relations. Arcadia Trails' mission is to give equal treatment to addiction, mental illness and trauma using evidence-based medical and psychological methods. Phone 405-216-2500.

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