



RELIAS | LEARNING



## Relias Spotlight Series

July 2021

Hello Providers,

Welcome to the Optum Idaho **July Relias Spotlight Series**— a series devoted to providing you with access to **free, accessible, and CEU-eligible** online education about topics that are important to behavioral health providers.

We appreciate all your work serving members in Idaho. The work you do, though rewarding, presents challenges that can take their toll. For that reason, this month we are focusing on mindfulness and self-care.



### **What is mindfulness?**

Mindfulness is a process of being aware of and present in our current environment, thoughts and emotions without becoming distracted or overwhelmed. Mindfulness can be practiced and developed to promote our own well-being and self-care.

### **Developing mindfulness:**

The opportunities to develop mindfulness abound. An easy way to practice is to pay attention to your five senses: Touch, sight, hearing, smell and taste. In any moment, intentionally notice what is presented through your senses without judgment. Allow yourself to become aware of what your senses have to offer.

- Notice the texture of the things in your surroundings or pressure of your body being pulled down by gravity.
- Examine the kaleidoscope of colors, lighting and patterns in your environment.
- Listen to the various sounds around you while noticing the other sounds that may have been previously overshadowed.
- Breathe deep the various scents around you.
- Enjoy a drink or bite to eat while fully focusing on its flavor.



Similar to our senses, our awareness of thoughts and emotions can be an opportunity to practice mindfulness.

- Allow thoughts and emotions to come and go without becoming distracted by any one in particular. The goal is to act as an observer.
- Be understanding with yourself if you catch yourself focused on a particular thought or emotion. Acknowledge it and attempt to allow the thought and emotion to move on thus creating an opportunity to be mindful of others. Allow your thoughts and emotions to come and go like clouds in the sky.

### **Self-Care:**

As providers, we are often the last on our list for care. Self-care is crucial if we are to be present and able to show-up for the important work we do. Additionally, self-care reduces burnout and fatigue.

**Practice Self-Care:**

- Take breaks from work and use your vacation time.
- Make time for exercise and enjoyable activities (e.g., walking, dancing, listening to music, reading, gardening).
- Consult with colleagues to get the additional support you need.
- Eat healthy foods and stay hydrated.
- Practice relaxation skills (e.g., meditation, stretching, yoga).
- Maintain a regular sleep routine.
- Spend time with a friend.

**Resources:**

Relias offers free continuing education courses specifically geared for your needs. If you would like more information and education around this topic, we encourage you to log into [Relias](#) and search for the following modules:

- Mindfulness, Meditation, and Spirituality in Recovery REL-BHC-0-MMSR
- Stress Management Strategies for Behavioral Health Professionals REL-BHC-0-SMSBHP
- Importance of Self-Care for Frontline Professionals REL-BHC-0-ISCPF
- Self-Care & Trauma Work: What No One Wants to Say 1152532

For additional information related to mindfulness, self-care and well-being, please visit [Live and Work Well](#) to browse for articles, resources, guides and videos of interest.

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,  
The Optum Education and Training Team

