



RELIAS | LEARNING

Relias Spotlight Series

December 2020

Greetings Providers,

Welcome to the Optum Idaho **December Relias Spotlight Series**— a series devoted to providing you with access to **free, easily accessible, and CEU-eligible** online education about topics that are of most importance to behavioral health providers, like you, across the state.

Happy Holidays! Because the holidays are an especially great time for self-love and care, December's Relias Spotlight focus is on Self-Care.

While a joyous time of year for many, the holiday season can often create additional stressors, such as financial strain, family obligations, and increased occupational demands as clients require more care.



As a behavioral health professional, you are prone to unique stressors, and these stressors may lead to physiological, emotional, behavioral, and/or spiritual exhaustion as you listen to the effects of traumatic or stressful experiences on one client after another. Working in a trauma-informed way and successfully engaging and attuning with clients requires lots of self-care. Without self-care, the potential distress may impact your ability to remain compassionate, empathetic, and present for your clients. It's no wonder we find so much emphasis on monitoring our personal well-being, in many (if not all) of our ethics codes!

Self-care is a top priority.

We benefit from taking care of ourselves physically, focusing on quality sleep, a balanced diet, and exercising regularly. Just as important is managing our resources and setting aside time for what we love to do.



Self-care isn't just a distracted activity to squeeze in in between clients — For you to be effective as a provider and to be able to provide the best care you can for your clients, taking care of yourself needs to be a top priority. It is incredibly important that we find outlets to relieve our own personal stress and anxieties, focusing inward to ensure that we stay emotionally, physically, and spiritually well.

To honor the importance of self-care all year 'round and especially during the holidays, below we present a list of courses that will help you explore topics such as boundaries, compassion fatigue and stress management—all fundamental to the experience of self-care. These courses also provide research into the field of trauma, which will give you the tools you need to do your best work.



Courses

[Boundaries](#)

[Boundaries and Dual Relationships for Paraprofessionals](#)

[Compassion Fatigue and Caregiver Satisfaction](#)

[Stress Management for Behavioral Health Professionals](#)

[WEBINAR: Compassion Fatigue, Secondary Trauma and the Importance of Self Care](#)

We hope you benefit from and enjoy exploring these free of cost courses on Relias. They are available for you to take at your leisure, and can be instrumental to helping you maintain a healthy mind, body and spirit so that you can not only continue to make a difference in the lives of your clients but also have the greatest, most positive impact on your own.

Wishing you a warm, joyous, and peaceful December!

From

The Optum Idaho Education and Training Team