

# UAB HIGHLANDS NEWSLETTER

courtesy of the UAB Employee Assistance & Counseling Center



## Tips for Employees

After the critical incident in March, employees and staff are back to work and caring for patients. Although the normal day to day operations have resumed, you may feel easily agitated, depressed, reluctant to visit specific areas of the hospital, or emotional at work.

Coping with the stress after a critical incident can look different for everyone. Below are some tips to help with the process:

- Continue your self-care activities.
- Talk with others.
- Continue your normal schedule.
- Be patient with yourself.
- Relax with meditation, music, prayer, journaling, or deep breathing.
- Do things you enjoy.
- Take a break when you can to walk, breathe, or stretch.
- Realize others are under stress as well.
- Drink plenty of water.
- Ask for help when needed.
- The EACC offers free and confidential counseling services for UAB employees and anyone in their household.
- Remember you can't take care of anyone until you take care of yourself.

## Tips for Self Care

- Aim for at least one healthy meal per day.
- Go to sleep and wake up at the same time each day.
- Spend time with your social network.
- When stressed, take deep soothing breaths, making your exhale longer than your inhale.
- Contact the EACC for confidential counseling services.

The UAB Employee Assistance and Counseling Center is an employee benefit designed to provide UAB, UAB Medicine, VIVA and Homewood Board of Education employees and their immediate household members with resources for resolving work-related and personal problems. The EACC provides confidential counseling and employee assistance, community referral, supervisor consultation, crisis management and a variety of educational programs to support successful work/life integration and provide practical tools for balance in all areas of life. Services are provided as an employee benefit at no cost to our clients.

**For more information on EACC services, visit [uab.edu/eacc](http://uab.edu/eacc) or call 205-934-2281.**