

Self-Care Isn't Selfish: Making the Case for Investing in Your Well-Being

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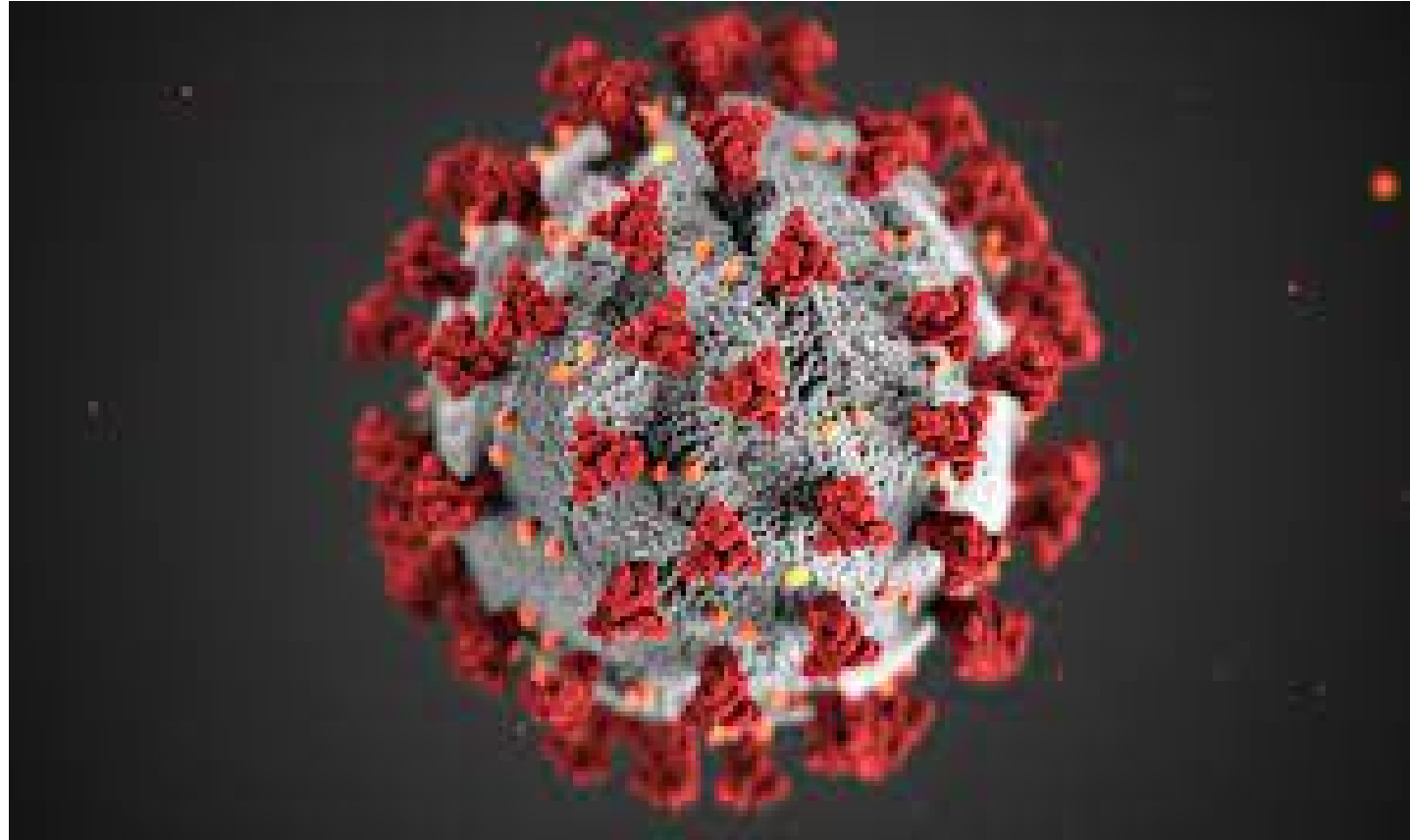
Medical Director, Clinical Experience

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Disclosures

I have nothing to disclose

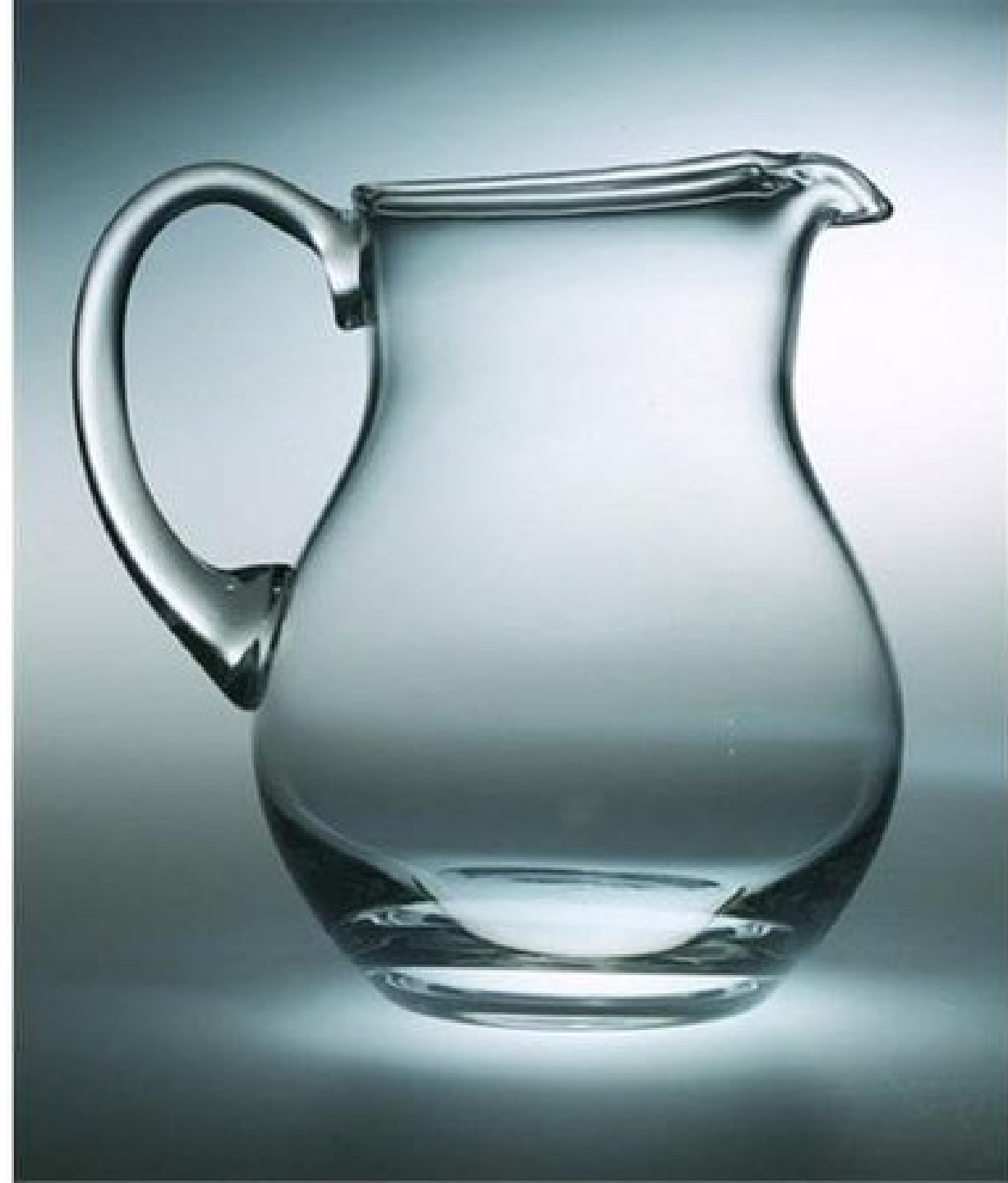
It's Been a Difficult 2 Years...



... And It Wasn't So Easy Before, Either!



We Cannot Serve From
an Empty Vessel



A word cloud visualization of healthcare-related terms. The words are arranged in various sizes and orientations, with the largest words being 'system', 'care', 'health', 'insurance', 'people', and 'pay'. Other prominent words include 'need', 'costs', 'coverage', 'medical', 'get', 'like', 'years', 'work', 'coverage', 'people', 'get', 'like', 'years', 'work'. Smaller words include 'doctors', 'insurers', 'patients', 'insurance', 'health', 'coverage', 'pay', 'costs', 'work', 'coverage', 'people', 'get', 'like', 'years', 'work'. The colors are primarily shades of blue, green, and yellow.



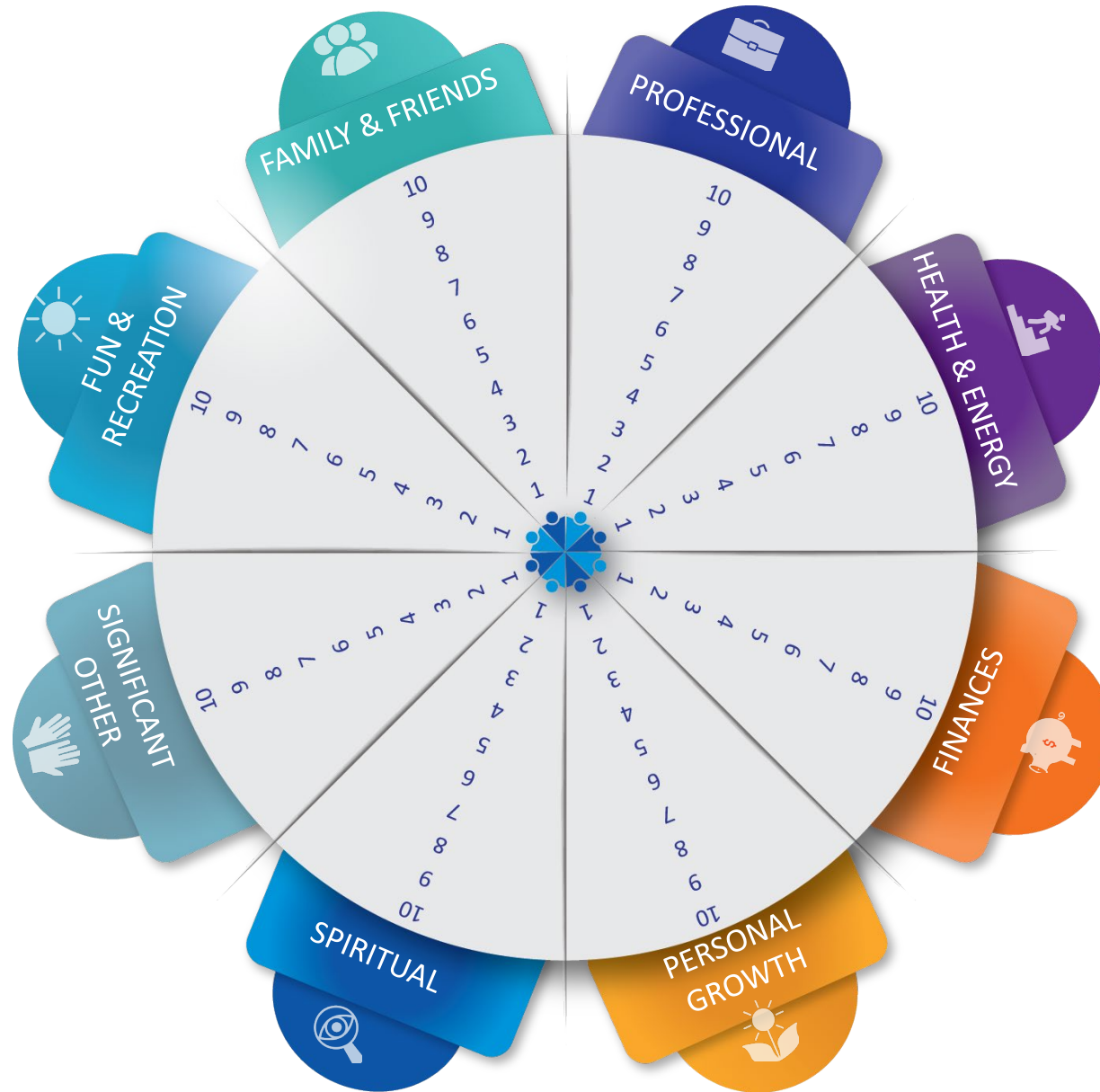
Self-Care Is the Foundation of Performance



Self-Care:
One Size Does Not
Fit All



Well-Being Dashboard

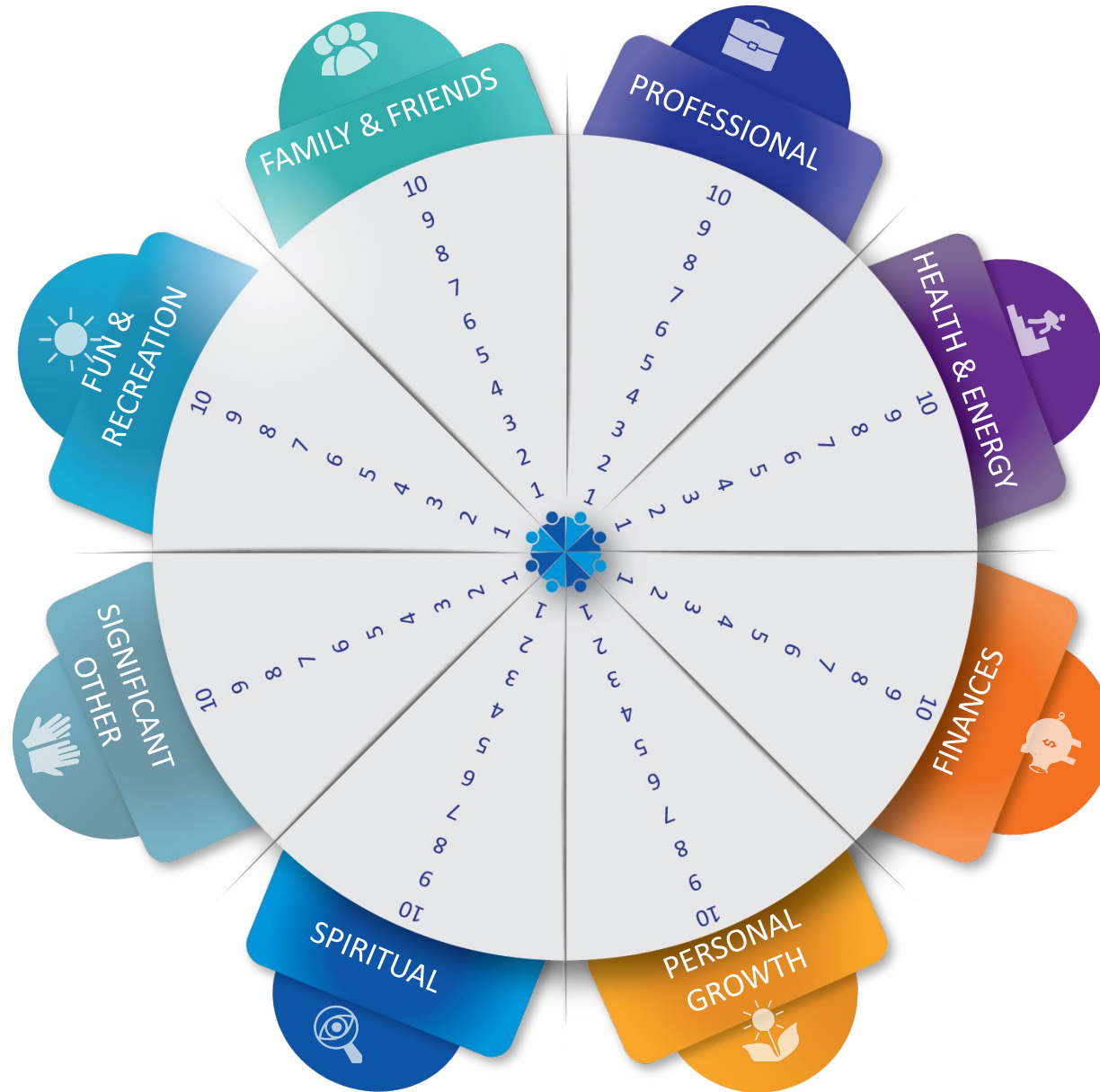


Breakout Group Discussion

Share at your tables:

1. What stood out to you about your Dashboard?
2. What are the 3 areas that are currently most satisfying? Least satisfying?
3. Why?

Well-Being Dashboard



Invest In Your Well-Being – Be SMART



Specific

Measurable

Actionable

Realistic

Time-Bound

Breakout Group Discussion



What is at least 1 self-care action you could realistically commit to doing for the next 30 days?



How will you do it?



When do you commit to do it by?

Thank You

