



Recharge with H.E.A.R.T.



Learn More on **Connect Today**

Register via **MyLearning**

We recognize this is a fast-paced, stressful work environment and how we are affected both physically and emotionally. Caregivers often feel depleted and unable to find a proper work/life balance. In order to maintain our organizational commitment to putting Patient's First, we need to take care of **ourselves** and **each other**. That's the focus of Recharge with H.E.A.R.T.

Recharge with H.E.A.R.T. is presented collaboratively by Patient Experience, Caregiver Wellness, Innovations, and Caregiver Experience to help you, our caregivers.

Recharge with H.E.A.R.T. consists of three, stand alone, one hour modules: "In the Moment," "Being Prepared," and "Supporting Each Other."

In the Moment

This module focuses on the immediate stress response. Participants will better understand the physiological impact of stress, and learn some simple, practical, and readily accessible techniques to support them through stressful work situations.

Being Prepared

This module addresses chronic stress / symptoms of burnout. Participants will identify their own personal responses to stress, and learn self-care strategies to promote resilience-building for challenging situations and environments.

Supporting Each Other

Built from our core values of empathy and teamwork, this module reminds caregivers to be aware of their colleagues' reactions to stress, and shares techniques to demonstrate support and compassion.

Learn More on [Connect Today](#)

Register via [MyLearning](#)