

MaPS Newsletter

Mentoring and Peer Support

Finances Got You Down?

One of the biggest stressors in our lives outside of the stress from the workplace is budget issues. We all knew signing up for the job that first responders are not paid well. It's a fact of life, and it doesn't deter us from wanting to help others in any way that we can. Money is not the reason that one starts working in EMS, nor should it be.

So what do we do? We pick up countless hours of overtime and work several jobs in order to balance it out. But how can we care for others when we are too burnt out from working so much?

It's important to find balance. A work-life balance is extremely important to your mental health and well-being. Try creating a budget or cleaning out your finances. You might be paying for things that you don't use or don't necessarily need. Or maybe sell some old things and put the money away for a rainy day. If you're smart about your finances, the stress will lessen tremendously!

“Mental health is not a destination, but a process. It's about how you drive, not where you are going.”

Compassion fatigue tips

- 1. SELF-REGULATION:** Discovering techniques to control your nervous system so that you can relax your body during stressful situations.
- 2. INTENTIONALITY:** Reflecting back on why you became a caregiver. What Powers called “your personal creed.”
- 3. PROFESSIONAL MATURATION:** Remembering the ways you contribute and the good you do.
- 4. CONNECTION:** Finding other caregivers you can talk to.
- 5. SELF-CARE:** Leaving work concerns at work and taking care of yourself.

Source: Barnes Jewish Hospital



The Most Important Assessment

Of course, it is still fresh. Of course, we are all grieving. There are no words to describe the pain and shock caused by losing one of our own. So what do we do moving forward? We lean on one another and we talk about our mental health. You do not have to be afraid of airing your dirty laundry—we all have it. And, if you're particularly concerned about another individual, here are some steps you can take to help.

1. **Be proactive.** *Don't be silent.*
2. **Be direct.** *Ask direct questions. We do it with our patients, we can do it with one another.*
3. **Compassion.** *We always find it hard to ask for help, so if someone comes to you, it's important to show them compassion.*
4. **Research.** *If someone comes to you with a problem that you don't understand, we have so many resources available to help you to understand.*
5. **Stick with it.** *It's easy to be involved in the beginning stages of getting someone help. More importantly, however, is sticking with them through this hard time.*

Listed below are some resources provided by GMR for employees. Do not hesitate to reach out! They are here for you!

CHAPLAINCY SERVICES

If you would like to connect with Chaplain Services directly and confidentially, please utilize the site or QR Code listed below. Or make an online request for call back at:

<http://www.telechaplain.net/>



EAP- OPTUM

GMR's Employee Assistance Program is available to all employees wishing to connect with counseling, legal, financial, or other services. Each employee is allotted six free counseling sessions per year with an in-network clinician. To learn more, see <https://www.liveandworkwell.com/>

Or call: **1-866-248-4094** to request information regarding GMR benefits.

RESPONDERSTRONG WELLNESS TOOL

Free and confidential, this overall wellness and self-care tool is available to all personnel, other emergency responders, health care professionals, and their families. Open your own private account to measure, track, and improve your wellbeing.

<https://you.responderstrong.org/>

ALL CLEAR FOUNDATION

Founded by GMR, ACF houses resources and tools designed to aid responders and their families in achieving and maintaining overall wellness.

<https://allclearfoundation.org/>

RECIPE OF THE MONTH: ONE POT BROCCOLI AND SMOKED SAUSAGE PASTA

INGREDIENTS

1 TSP OLIVE OIL
 1 YELLOW ONION, DICED
 3-4 CLOVES MINCED GARLIC
 1 13OZ PACKAGE SMOKED SAUSAGE, SLICED UP (CHICKEN SAUSAGE IS GREAT TOO!)
 2 CUPS CHICKEN BROTH
 1/2 CUP MILK
 1/2 TSP LAWRY'S SEASONED SALT
 8 OZ DRY FARFALLE PASTA (ABOUT HALF A BOX)
 5 CUPS FRESH BROCCOLI FLORETS
 GRATED PARMESAN CHEESE

- ▶ IN A LARGE SKILLET HEAT OLIVE OIL OVER MEDIUM HIGH HEAT. ADD IN DICED ONION, MINCED GARLIC AND SAUSAGE. COOK UNTIL SAUSAGE IS BROWNED AND ONIONS ARE SOFTENED.
- ▶ STIR IN CHICKEN BROTH, MILK, SEASONED SALT, NOODLES, AND BROCCOLI FLORETS.
- ▶ BRING TO A BOIL. COVER AND REDUCE THE HEAT TO LOW.
- ▶ SIMMER FOR 12-14 MINUTES OR UNTIL LIQUID HAS REDUCED AND NOODLES ARE COOKED THROUGH. STIR OCCASIONALLY.
- ▶ REMOVE FROM THE HEAT AND STIR IN PARMESAN. MEASURE THIS WITH YOUR HEART.
- ▶ ENJOY!

Social Media



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Share your voice! Have something you'd like to see in the newsletter? Email us at nhmaps328@gmail.com