

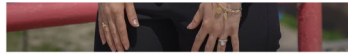


SELF CARE IN RETIREMENT

PRESENTED BY
CHICAGO FIRE DEPARTMENT
EMPLOYEE ASSISTANCE PROGRAM



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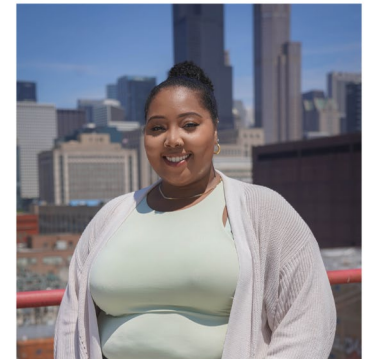
**ELLIE MILAN
ALVARADO, LCPC**



ANNA LYMAN, LCPC

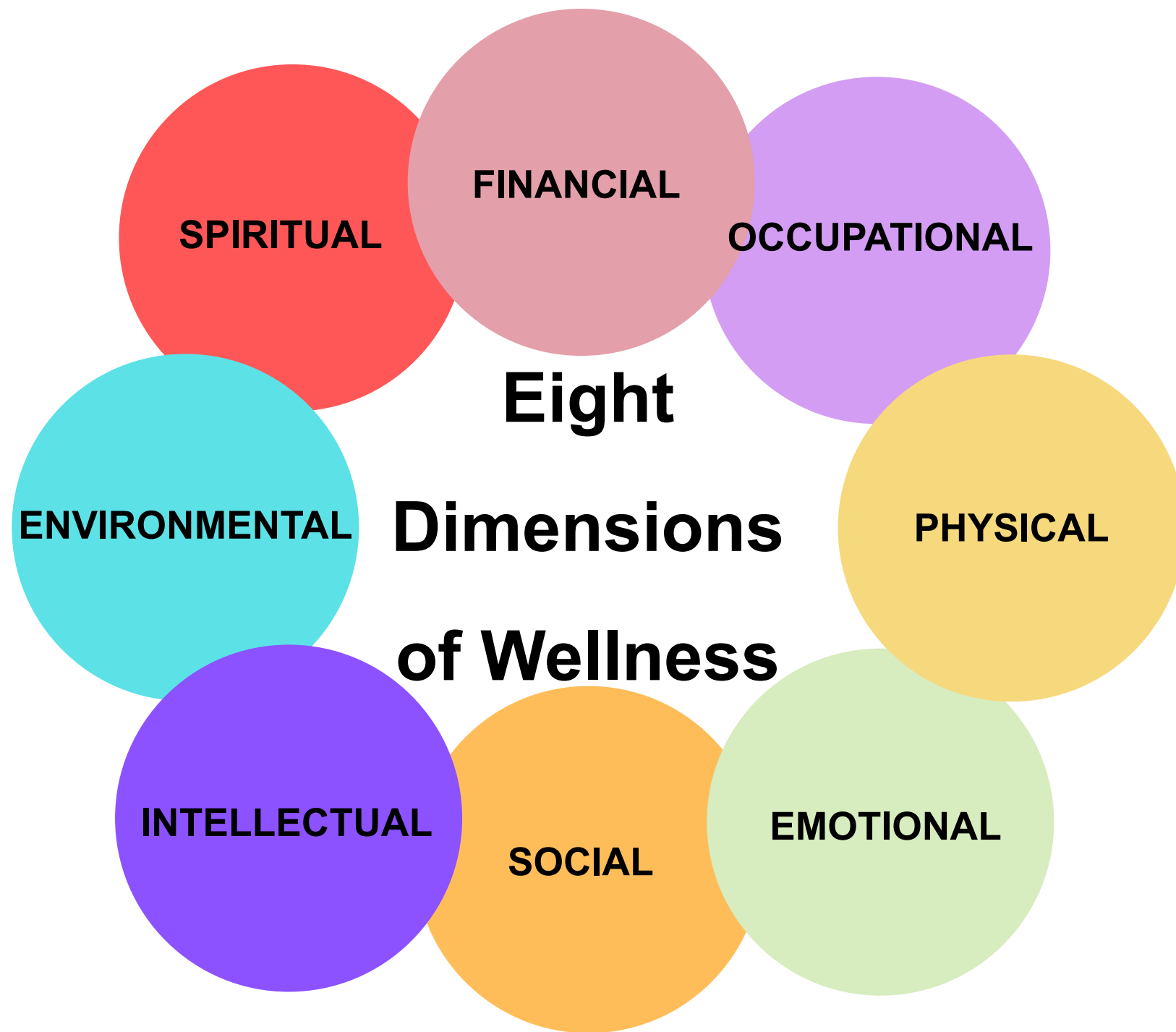


TORRANCE WADE, LCPC



**LARONEJE PARKER,
LCPC**





Emotional Dimension

- Retirement is a time of transition
 - Seek Support to help navigate this transition
 - Adapt to the change and new life stressors
- Recognizing and managing emotions, building resilience, and identifying and developing coping mechanisms
- Embrace the change: focus on what you are gaining rather than what you think you are losing
 - Accept what you cannot change about your retirement and embrace the new opportunities



EMOTIONAL

Spiritual Dimension

- Finding meaning and purpose in life through faith, beliefs, and/or values
 - Serves as a tool to navigate challenges
- Encourages self-reflection and personal growth
 - Redefine your identity
 - Discover what values, principles, and beliefs are most important to you
- Mentor or volunteer
 - Share the skills you've learned in your profession
 - Sense of accomplishment while giving back to your community and helping those in need

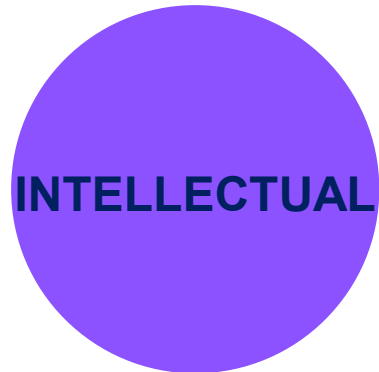
A large red circle is positioned in the bottom right corner of the slide, partially overlapping the text 'community' and 'and helping those in need'. The word 'SPIRITUAL' is written in blue capital letters inside the circle.

SPIRITUAL



Intellectual Dimension

- Encompasses brain health and growth through thought-provoking mental activities
- Lifelong learning can keep your mind sharp and engaged
- Stimulate your mind - Learn a new skill, recognizing creative abilities
- Enjoy hobbies & discover new interests
 - Read a book series
 - Visit new places



Physical Dimension

- Prioritize your physical health - Stay active
 - Take the stairs, join a fitness center, adopt a pet
- Maintain a healthy diet
 - Make mindful food choices
- Sufficient quality sleep
 - Get enough sleep & maintain a bedtime routine
- Listen to your body



PHYSICAL

Environmental Dimension

- Areas of health that relate to the environment and, in turn, how the environment can impact human health
- Eco-friendly considerations and participating in recycling/disposal programs
 - Appreciate nature: Take a walk, reduce, reuse, recycle
- Living space
 - Retire to a place that suits your needs and interests
 - Ensure your home is safe and comfortable
 - Clean and organize your living space to reduce anxiety & increase comfort



ENVIRONMENTAL

Financial Dimension

- Knowledge and skills related to financial planning and managing expenses
- Retirement planning is crucial
- Get educated
 - Seek financial advice to manage your finances effectively
 - Meet with a financial planner
- Plan for the life you want to live



FINANCIAL

Occupational Dimension

- Finding new meaning or purpose
 - Work or activities that provide a sense of purpose and contribution
 - Pursue new interests, learning new skills
 - Develop hobbies
- Leverage skills and talents
 - Volunteer work or projects
- Balance work and leisure: Balance between engaging in fulfilling activities and enjoying leisure time
- While you no longer work as a first responder, you can find purpose and meaning in other activities



OCCUPATIONAL

Social Dimension

- Developing a sense of connection & belonging, and a well-developed support system
- Identify your network of people you can rely on for support, encouragement, and assistance
- Staying connected and with a sense of belonging to a larger group
- Join a club, social group, or peer support (State, CFD, Local 2)

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SOCIAL

Self Care Tips

- HALT
 - Hungry, angry, lonely, tired
- Journaling: "Find Your Calm," "Healing Burnout"
- Books: Why we sleep, When the calls stop: retiring as a first responder
- Volunteermatch.org
- Openlands Lakeshore Preserve, Ryerson Conservation Area
- NYT Games
- Faith based group

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- Referrals
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 - Assistance utilizing your insurance benefits
 - Finding treatment facilities
- Resources
 - Navigating dimensions of wellness



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