



SELF CARE IN RETIREMENT

PRESENTED BY
CHICAGO FIRE DEPARTMENT
EMPLOYEE ASSISTANCE PROGRAM



**LISANNE VACI, LCPC,
CADC**



**CHICAGO FIRE DEPARTMENT
EMPLOYEE ASSISTANCE PROGRAM**

(312) 746-6956

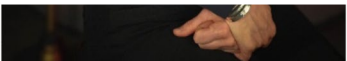
CFDEAP@cityofchicago.org

1338 S. Clinton Street, room 105

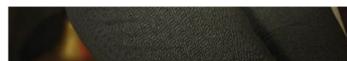
Chicago, IL 60607



MADA LEANGA, LCPC



**ELLIE MILAN
ALVARADO, LCPC**

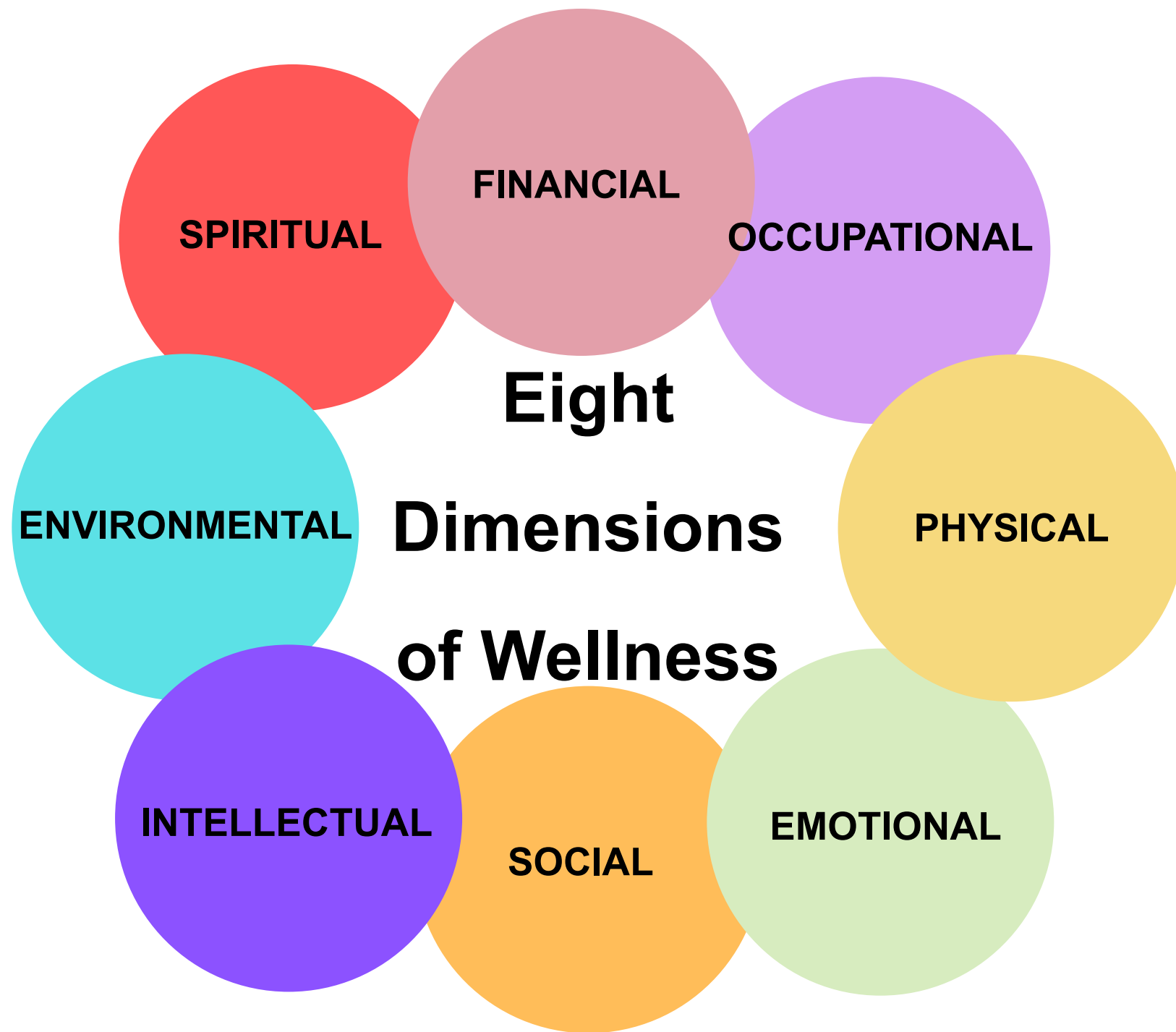


ANNA LYMAN, LCPC



FERNANDO ROMULO, LCPC

GWENDOLYN TSUJI-CHEVAS, 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

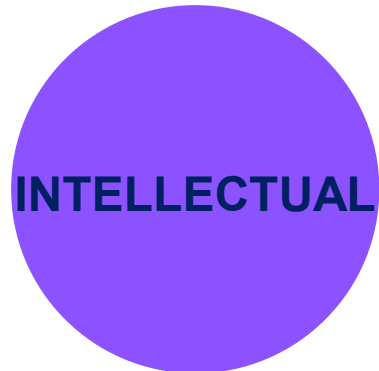
- Finding meaning and purpose in life through faith, beliefs, and/or values
 - Serves as a tool to navigate challenges
- Encourages self-reflection and personal growth
 - Redefine your identity
 - Discover what values, principles, and beliefs are most important to you
- Mentor or volunteer
 - Share the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



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 and increase comfort



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

A large, solid pink circle is positioned in the bottom right corner of the slide. The word "FINANCIAL" is written in a bold, dark blue, sans-serif font across the center of the circle.

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 team (State, CFD, Local 2)



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

How Can EAP Help?

- Contact EAP: *now available 24/7!*
(312) 746-6956
CFDEAP@cityofchicago.org
1338 S. Clinton Street, Room 105
Chicago, IL 60607
- Referrals
 - Mental health providers: Psychiatrist, psychologists, biofeedback or neurofeedback practitioners
 - Assistance utilizing your insurance benefits
 - Finding treatment facilities
- Resources
 - Navigating dimensions of wellness



FIRESTRONG WEBSITE

FREE 24/7 ACCESS

WWW.FIRESTRONG.ORG

USERNAME: CHICAGO911

PASSWORD: CHICAGOFIRE