

The UW Medicine PEER TO PEER Program is here to support *all members of our healthcare team*. UW Medicine recognizes that there is a growing sense of burnout and emotional fatigue among healthcare workers. This can be due to specific events or cumulative stress. We support you when work-life feels overwhelming.

What is PEER TO PEER support?

Any care team member can access **one on one support from a colleague** —a trained peer supporter. Peer Supporters have "been there" and are trained to be supportive, non-judgmental, and confidential listeners.

When would I hear from or reach out to PEER TO PEER?

- We will reach out to offer everyone support when they are involved in a reported adverse patient care event
- You can also request support for yourself or a colleague during a difficult time at work such as:
 - after a patient death
 - a difficult interaction with a patient or colleague
 - it feels hard to come to work
 - you are experiencing burnout or compassion fatigue
 - you are finding less joy in your work



UW Medicine

PEER
TO
PEER
PROGRAM

A vertical graphic with a purple background. At the top, it says "UW Medicine" in white. Below that, the words "PEER TO PEER PROGRAM" are written in large, bold, white letters, with "TO" in a smaller font size between "PEER" and "PEER".

A Brochure for Staff, Faculty, and Trainees about Peer Support

Two horizontal purple lines are positioned above and below the text.

REQUEST SUPPORT FOR YOURSELF OR A COLLEAGUE!

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How did we do?



faculty.uwmedicine.org/p2p

CONTACT US

uwmedpeertopeer@uw.edu

faculty.uwmedicine.org/p2p

Common reactions to a stressful event include:

- Sleep and/or eating disturbance
- Difficulty concentrating
- Headache
- Fatigue
- Diarrhea
- Nausea or vomiting
- Rapid heart rate and/or breathing
- Muscle tension

Psychological symptoms associated with emotional distress include:

- Isolation
- Frustration
- Fear
- Grief
- Remorse
- Feeling uncomfortable returning to work
- Anger and irritability
- Depression and/or extreme sadness
- Self-doubt
- Flashbacks
- Poor attention span after a stressful clinical event.

Ways to cope with stress:

- Remind yourself that it is okay to experience emotional reactions to a stressful event.
- Give yourself permission to react; don't try to hide your feelings.
- Keep your life as routine as possible.
- Eat regularly. Minimize the use of sugar and caffeine.
- Physical exercise, along with relaxation, will alleviate some physical reactions to stress.
- Take a walk in nature.
- Meditate.
- Reach out and ask for help.
- Do something nice for yourself!

Have you received support from a peer supporter?

Please take a few minutes to tell us how your experience was by scanning this code with your phone



You can also visit:

<https://is.gd/peersupport>

**We value your input in improving
peer support for you!**