

“If you’re not showing up for yourself and taking care of yourself in some way, you really don’t have the energy to care for others. Joy is an experience I know I can have; I look forward to experiencing more of that.”

- Rivkela Brodsky Schraner, senior communications consultant
PeaceHealth Shared Services Center



Nurture360 resources

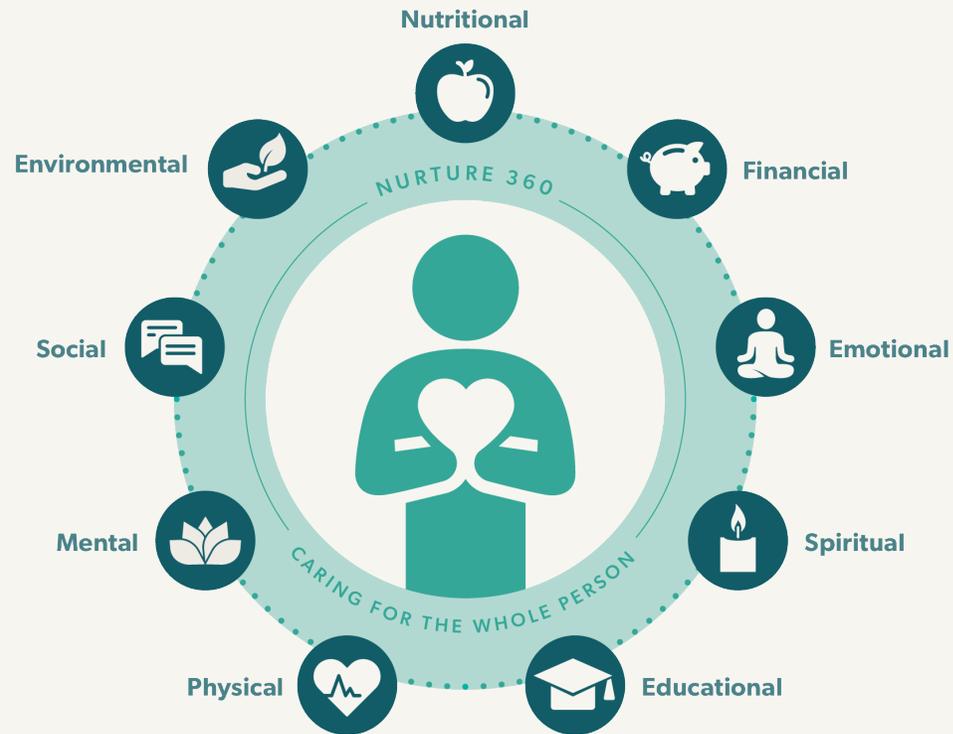
Nurture Yourself.
Nurture360.

The Nurture360 emotional health pillar offers tools and programs to help you stay healthy and well throughout every stage of life:

- Eight free counseling sessions and eight free coaching sessions every year for you and your family through [Spring Health](#).
- [Well-Being Program](#) health library, with short videos and other tools.
- **Spiritual care:** Renew your spirit each week with [PeaceHealth's Mission Integration](#) team during systemwide virtual sessions.
- **Flexible PTO program:** PeaceHealth values work-life balance and supports caregivers in stepping away to rest, recharge and take care of personal needs through a flexible [Paid Time Off \(PTO\) program](#).

Learn more by visiting Crossroads>My HR>[My Benefits](#).

Nurture360 Ecosystem and Pillars of Well-Being



To help bring our whole-person health philosophy to life, we've designed a Nurture360 ecosystem. It includes all the interconnected pillars of well-being and shows how each aligns with the benefits and resources available to caregivers and their families at PeaceHealth.