



Self-Care & Leadership: Is There a Balance?

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To put everything in balance is
good, to put everything in
harmony is better...

Victor Hugo

Psychological Health: 3 Components

Emotions



Cognitive



Behaviors



The "S" Word...Stress

- Stress is **how we react when we feel under pressure or threatened.**
- Stress triggers your fight-or-flight response and is your natural reaction to a potentially dangerous situation.
- Your body floods with cortisol and adrenaline
- You will feel energized and have heightened awareness to deal with the immediate situation



Natural Responses to Stressors

➤ **FIGHT**

- Self-preservation
- Outbursts, explosive anger
- May look like complaining, being negative or critical of self or others.

➤ **FLIGHT/FLEE**

- Over-working
- Micromanaging others
- Can't sit still
- May look like using food to distract, making list that are not completed, or binge watching tv

➤ **FREEZE**

- Isolating
- Difficulty making decisions
- May look like becoming quiet, feeling confused or dissociating




How You Doin'?

- Chronic pain
- Insomnia or other sleep problems
- Digestive problems
- Eating too much or too little
- Difficulty concentrating and making decisions
- Fatigue
- Feeling overwhelmed, irritable, fearful



Is All Stress Bad?

Avoid	Avoid an accident
Meet	Meet a deadline
Manage	Manage chronic situations
Venture	New venture or opportunity



Burnout: is a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job.

Overwhelming Exhaustion

Feelings of Cynicism & Detachment

Sense of Ineffectiveness, Unaccomplished



Compassion Fatigue

Definition & Risk Factors

Compassion fatigue is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost of caring. It is sometimes referred to as secondary traumatic stress.



Community Trauma: COVID-19 Pandemic

- ▶ The pandemic has caused and will continue to contribute to 4x the pre-pandemic rate of burnout experienced by individuals in leadership roles.



Just Breathe

Let's take a moment to pause, intentionally.

Self-Care

- What Is It?
- Why is it important?
- What does it mean for you?



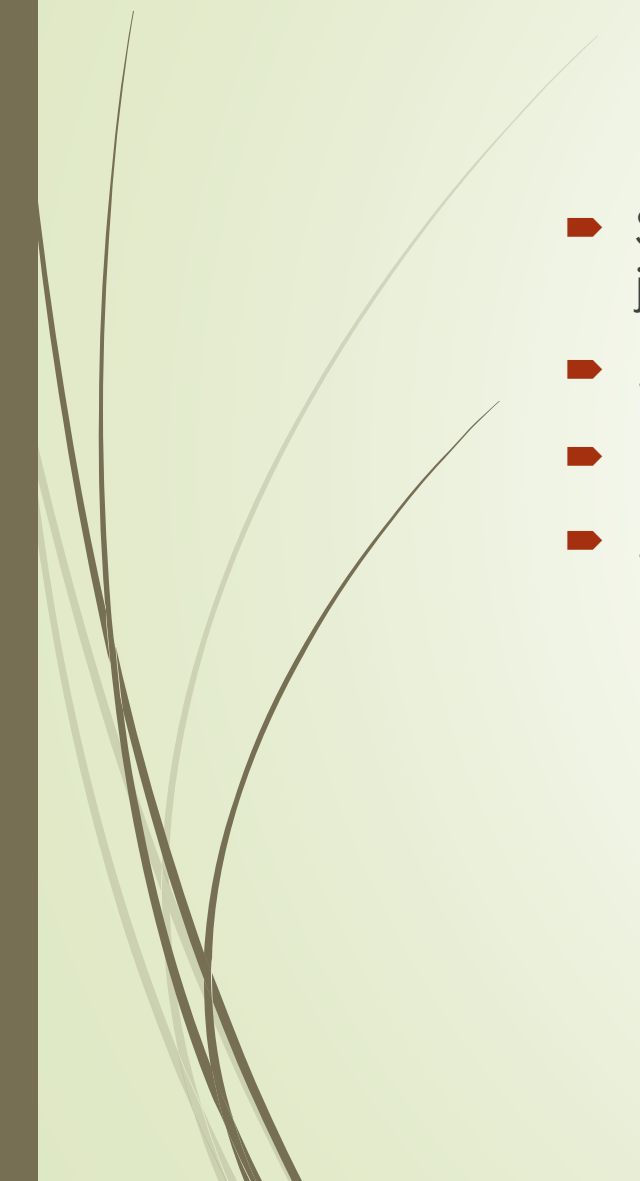


What Is Self-Care?

- ▶ Care for oneself
- ▶ The practice of activities that are necessary to sustain life and health usually carried out by an individual for themselves
- ▶ Looking after yourself so you can give your best and provide value to the world by living out your purpose and sharing your gifts
- ▶ Activities and practices we engage in on a regular basis to reduce stress and enhance our well-being



Why is Self-Care Important?

- ▶ Self-care will look different for each and every person and it is a personal journey
 - ▶ ... looks after our mental, emotional and physical health
 - ▶ ... can improve mood and reduce anxiety
 - ▶ ... is the key to a good relationship with oneself and others
- 



Self-Care & Your Parts

Physical: Movement & Rest

- Going for a walk on the beach
- Having an Epsom salt bath
- Learning a new dance routine
- Getting enough sleep
- Eating nourishing foods

Psychological: Mindfulness & Creativity

- Practicing mindfulness
- Journaling
- Reading a book
- Learning or teaching a new skill
- Doing a digital detox



Self-Care & Your Parts

Emotional: Stress Management

- ▶ Practicing gratitude
- ▶ Saying no
- ▶ Making time for reflecting on feelings and developing emotional literacy
- ▶ Practicing self-compassion
- ▶ Being away of your own boundaries

Social: Supportive Relationships

- ▶ Belonging to online groups or communities (at this time)
- ▶ Honoring your commitment to other people
- ▶ Ask for help when you need it
- ▶ Connecting with friends and family (online, video chat, phone)



Self-Care & Your Parts

Financial: Conscious Relationship w/ Money

- ▶ Knowing your dates of income
- ▶ Knowing when your expenses are due and paying them on time
- ▶ Budgeting appropriately and adjusting budgets when needed
- ▶ Completing your tax responsibilities on time
- ▶ Saving money wisely

Environmental: Clutter, Technology Use

- ▶ Decluttering your home or work environment
- ▶ Recycling as much as possible
- ▶ Monitoring technology time
- ▶ Cleaning up after a meal
- ▶ Maintaining a clean and safe living environment



Self-Care & Your Parts

Spiritual: Beliefs & Values That Guide Your Life

- ▶ Meditating, getting quiet and still
- ▶ Reflecting in a journal
- ▶ Donating to a local organization
- ▶ Walking in nature
- ▶ Fellowshiping & Gathering with like-minded people

Professional: Clear Professional Boundaries

- ▶ Eating a nourishing lunch at work/school (even when working/learning from home)
- ▶ Negotiating your needs
- ▶ Having clear professional boundaries
- ▶ Attending professional developmental courses or being coached



Get Grounded

Let's take a moment to ground.

Who Are You?



Thank You

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