


Have you Cashed In on YOUR Well Deserved Upgrade?- Leadership Wellness

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 Session: #37010



WELCOME BACK

*I just wanted to take a moment to say
 Thank You for coming back!!*

How many of you are aware as to why you came back? What was that pull that drew you here?




Have you Cashed In on YOUR Well Deserved Upgrade?- Leadership Wellness

Self care is the most underrated leadership skill.

Joy Donnell



**Why are you here?
 Why did you come back?**

- You value productivity and want to increase yours
- You want to learn more about how your personal well-being impacts your work (and vice-versa)

**Why are you here?
 Why did you come back?**

- You want to create a plan that will benefit your well-being at work (and perhaps also in general)
- You are ready to take action to fulfill your needs and move toward meaningful goals

You make a great first impression

LET'S JUMP IN THE DEEP END SHALL WE??

Our Learning Objectives for Today

Evidence shows the positive effects of self-care and the amazing long-term effects. Professional self-care is important whether you're a "crew of one" or a part of a large team. Leader self-care has been proposed as "the foundation of health-promoting leadership." Activating self-care and promoting a positive mindset can provide a supportive network/culture within departments and companies that will make a difference that can last a lifetime.

We will learn:

How to improve and implement a self-care regimen that will help not only improve ourselves but those around us.

How to improve our leadership skills and methods simply by applying self-care techniques starting with ourselves.

How improved leadership skills promote better relationships with internal and external customers.

Our Learning Objectives for Today

MY GOAL FOR THIS SESSION

You will be able to pick up at least three (3) new ideas to implement ASAP

I will be able to show you the concept, a personal description and a potential solution for at least three (3) new ideas

Just before we dive in...

This session is all about self-care for wellness which equals productivity at work, the examples we will talk about today will reflect a work context. But know that there is flexibility in what I share- especially since YOU'LL be customizing YOUR framework and action plan to YOUR lifestyle, needs and goals.

If you are looking to explore productivity both in and out of the office or if you're substituting it with something else entirely, there will still be a TON of relevant information for you to take on implement as there are several different layers of self-care.

Just before we dive in...

This is why creating your personal framework is SOOOOO important. TAKE THE REIGNS! Grab the content by the horns and

**LET'S
GOOOOOOOOOOOOOOOOOOOO!!!!!!!!!!!!**

A WORD

A word is just an image you can make it offend, or flatter and a rose is just a flower it is who you give it to that matters.

Why is productivity important to your upgrade?

What does productivity and self-care have to do with one another?

Productivity and self-care are closely linked because when you practice self-care, you are actively taking care of your mental and physical well-being, which leads to increased energy, better focus, and reduced stress, ultimately allowing you to be more productive in your work or personal life; essentially, taking care of yourself enables you to perform at your best.

- ☐ **Reduced stress**
- ☐ **Improved focus and concentration**
- ☐ **Increased energy levels**
- ☐ **Preventative measure against burnout**
- ☐ **Enhanced creativity and problem-solving**

Self-Care refers to a meaningful self investment
Like Productivity it is the practice of paying attention to your
intention and doing things that matter to you.

Prioritizing yourself during the working day can help you be more
present, motivated and productive. Think about this. If you're
actively managing your own stress levels and mental health, chances are
you'll be more organized and grounded for the workday.

*Self-Care
is not
optional.
It's a
necessity.*



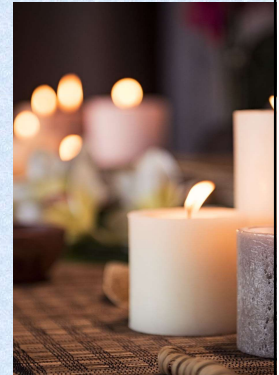
Wasting time

Using Self-care

What Is Self-Care?

Self-care is:

- Taking an **active and pro-active** role in one's own overall health and wellness
- Refers to a meaningful self-investment
- A framework for managing stress, life challenges, professional burnout and compassion fatigue
- Is what keeps your "motor running" and your "wheels turning"
- An empowerment process that creates balance and equilibrium across our personal, social and work lives
- Any activity that we do deliberately in order to take care of our physical, mental, emotional and spiritual health and well-being



*Be the
person
YOU WANT
TO WORK WITH*

I was born to
make Mistakes.



...Not to Fake
perfection.

WORK DAY BALANCE BOOSTERS

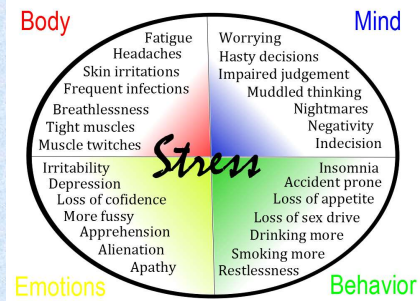
1. Give yourself permission to be imperfect
2. Your body is 70% water so replenish it
3. Step outside, breathe, and reset every hour.
4. Take a proper lunch break and encourage your staff & colleagues too.
5. Swap biscuits and chocolate for magnesium rich almonds to relax your nervous system.
6. Right now, give someone your biggest, cheesiest grin. Smiles are contagious and they make the day better for everyone
7. When someone offers a hand say "thank you" and accept it. It makes them feel valued too.

Someone
Trying to
Repair
Every
Situation
Solo



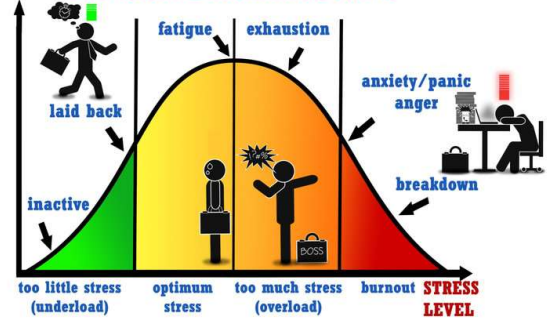
NOW WHAT ARE YOUR STRESSORS?

Stress Effects



What, if any, signs of stress are you facing and what solutions are you using to reduce stress?

The Stress Performance Curve



SIGNS of BURNOUT



**Why setting
boundaries
at work is
essential**

Encourages Work-Life Balance

- ✓ Boundaries allow time for self-care, family, and hobbies.
- ✓ Helps separate work stress from personal life.

Strengthens Work Relationships

- ✓ Saying YES to everything = Resentment & frustration.
- ✓ Clear boundaries improve communication, build respect, and create a healthier work culture.
- ✓ Solution? Be assertive about your workload and communicate expectations professionally.

Improves Productivity & Focus

- ✓ More hours ≠ More productivity.
- ✓ Overcommitting leads to fatigue, mistakes, and inefficiency.
- ✓ Solution? Set limits on meetings, delegate tasks, and prioritize deep work sessions.

Prevents Burnout

- ✓ Constant overworking = Mental & physical exhaustion.
- ✓ Without boundaries, work can consume your personal life and lead to stress, anxiety, and decreased motivation.
- ✓ Solution? Set clear work hours, take breaks, and disconnect after work.

Challenges for Today's Leader

Challenges to self-care can often arise when serving in the role of a leader. This may impact our:

- ability to serve our team, our co-workers and our internal and external customers.
- professional relationships with our team and other departments
- personal relationships with family and friends
- relationship with our self



How about:

Letting our Team down??

- Embarrassment
— WHY?
- Disappointment
— WHY?
- Shame?
— WHY?
- Frustration
— WHY?



EXAMPLES TO HELP OUR TEAM:

- *Educate Employees on Self-Care. ...*
- *Make Flexible Working an Option. ...*
- *Provide Mental Health Resources. ...*
- *Offer Stress and Time Management Learning Opportunities. ...*
- *Establish Work Hours. ...*
- *Prioritize Mentoring. ...*
- *Lead by Example...*



How about:

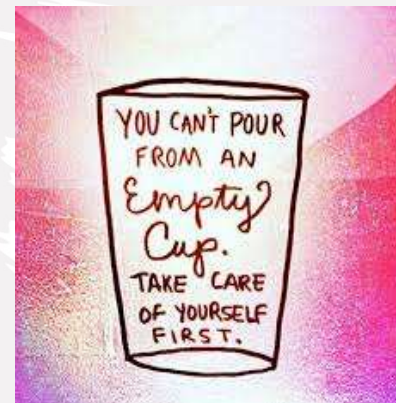
Letting ourselves down ?

- Disappointment
WHY?
- Shame
WHY?
- Defeat
WHY?

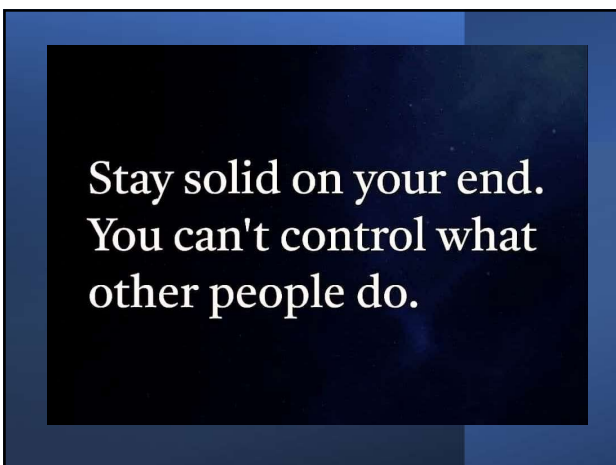
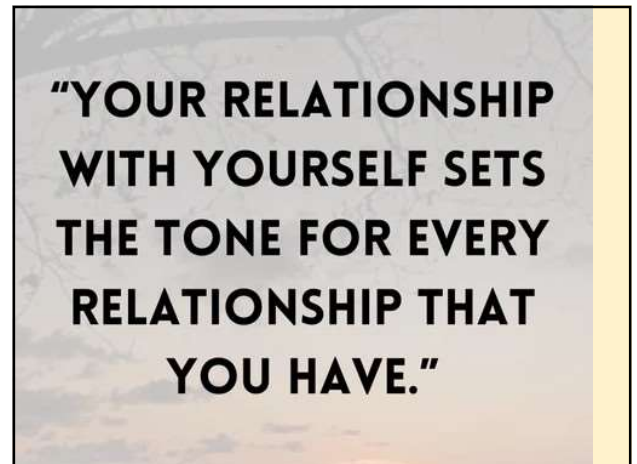
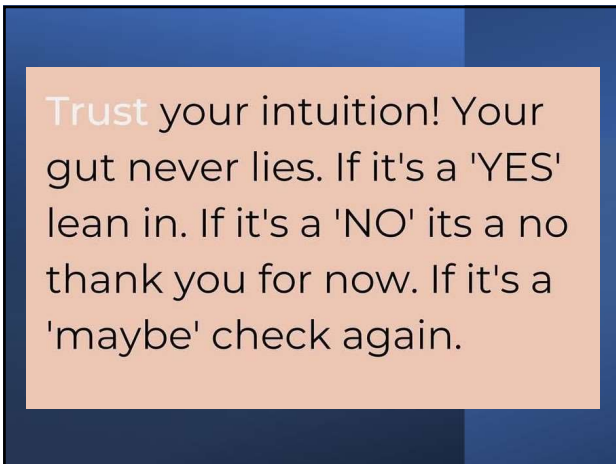
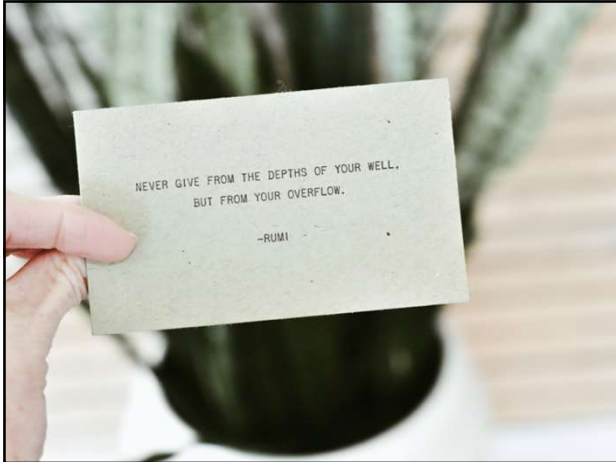


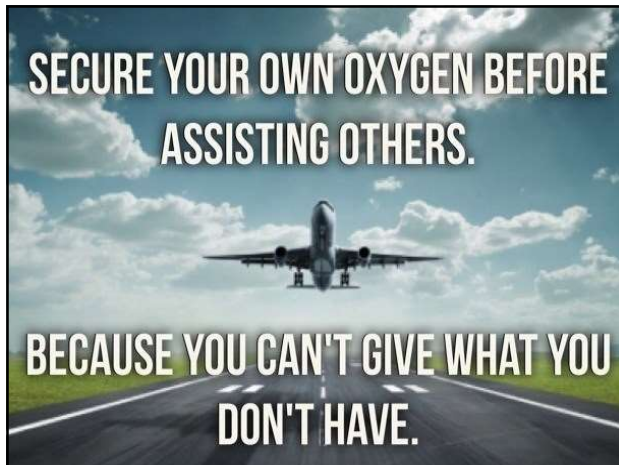
EXAMPLES:

- **BROKEN PROMISE TO OURSELF**
- **BROKEN PROMISE TO OTHERS**
 - Need to be people of our word
 - Someone that others can trust
 - TO-DO List
 - Do you accomplish them daily?
 - What happens if you don't?
- **ARE YOU TOO HARD ON YOURSELF?**



When Your Emotional Gas Tank is Full	When Your Tank is Empty
You can handle stress and avoid burnout.	You're easily irritated and anxious.
Relationships thrive with energy and attention.	Relationships suffer from impatience or neglect.
Productivity increases, and creativity blossoms.	You feel stuck, drained, and unable to focus.





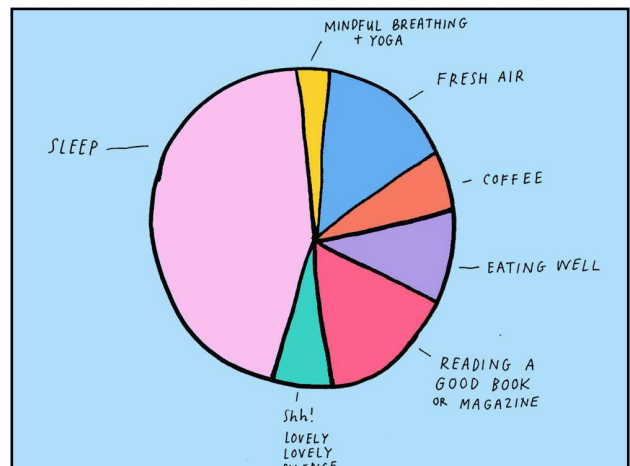
"Put on your own oxygen mask first before helping others"

The idea is that if you run out of oxygen, you won't be able to help anyone else.

Back to the Basics
Sleep, exercise and nutrition

Block of time FOR YOU
Make yourself your #1 priority

JUST SAY NO
If you don't stop putting everyone else's needs before your own, you will catapult yourself to burnout.

- Self-Care supports today's professional in:**
- Walking Your Talk – modeling your leadership & professionalism
 - Bringing a strengths-based and person-centered approach
 - Setting and maintaining appropriate boundaries
 - Recognizing and addressing conflicts
 - Exploring and sharing your experiences with specific wellness tools
 - Cultivating positivity in your life and work relationships
 - Supporting your team/co workers their own wellness and self-care plans

*Self-Care
is not
optional.
It's a
necessity.*

*Name three things that
you can add to your
upgrade that would be
under the umbrella of the
practice of paying
attention to your intention
and doing things that
matter to you*

**"YOUR RELATIONSHIP
WITH YOURSELF SETS
THE TONE FOR EVERY
RELATIONSHIP THAT
YOU HAVE."**

Sometimes I feel like throwing in the towel.....

but that would only
make more
laundry for me.



your eCards
someecards.com

Sometimes I forget...
**PUTTING MYSELF FIRST ISN'T SELFISH,
IT'S NECESSARY.**

SEASON 20 OF GREY'S ANATOMY



At Risk for Compassion Fatigue

Important points to remember

Recognize the signs:

Be aware of physical and emotional symptoms like exhaustion, irritability, difficulty concentrating, decreased appetite, and emotional detachment.

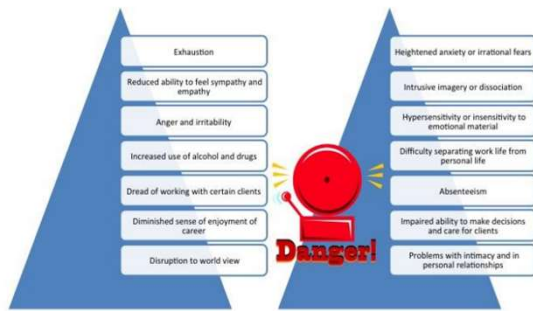
Prioritize self-care:

Treat self-care as a necessity, not a luxury.

Seek support:

Don't hesitate to reach out to colleagues, supervisors, or a mental health professional if you need help managing compassion fatigue.

Warning Signs of Compassion Fatigue in Staff



Developed by Christina Clarke, MS, HS-BCP, Coordinator of Continuing Medical Education and Faculty, Wake Forest School of Medicine, Northwest AHEC

You have to
take care
of yourself
before you can
take care
of others.

— DR. PHIL

Are you ready to feel your best both personally and as a leader? 🍌

Follow these self-care tips to glow inside and out.

Remember, self-care is essential, not selfish. Start today and feel the difference!

SELF-CARE TIPS TO HELP YOU TAKE BETTER CARE OF YOURSELF

Get enough
sleep

Eat a
nutritious
meal

Exercise
regularly

Practice
good
hygiene

Spend time
in nature

Disconnect
from
technology

Set
boundaries

Connect
with loved
ones

Engage in
activities
you enjoy

@inner_rumblings



BREATHE IN BREATHE OUT



GOOD NIGHT WORLD

Relaxation supports us on all levels body, mind, emotions and spirit; it helps to integrate and absorb our life experiences. Relaxation replenishes mental resources and allows the body to recover. Making time to relax is essential for self care and wellness. **There are many ways to practice relaxation:**

- Spending time in nature - walking, hiking
- Taking a hot bath or sauna
- Breathing exercises
- Meditation & Mindfulness
- Yoga
- Reading
- Journaling
- Creativity
- Listening to music

Practice: Music

Relaxation



Top 10 Self-Care Practices to Incorporate into Your Daily Routine

- Spend time outside
- Take a nap
- Turn off your phone
- Share a hug
- Spend time with your pet
- Practice positive thinking
- Get moving
- Meditate
- Spend time with friends
- Make a gratitude list



If there's a secret to a good night's sleep, it's a good day's waking.

-Rubin Naiman



OMG OMG OMG

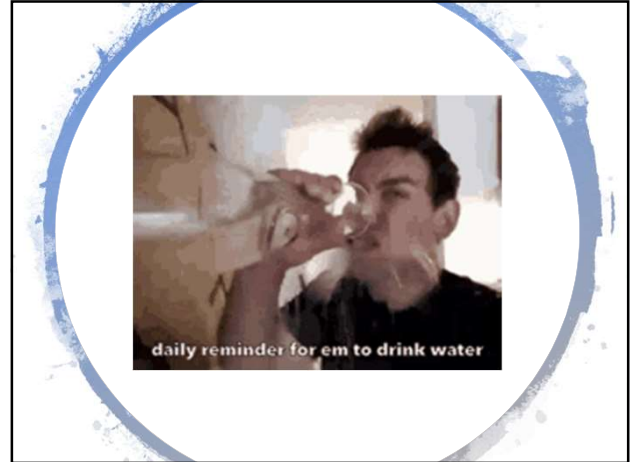


Jog around the office ☺



Boundaries

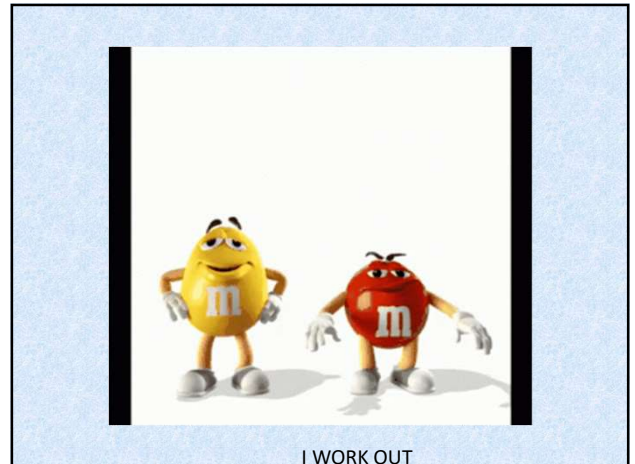
Set some boundaries and set them now...



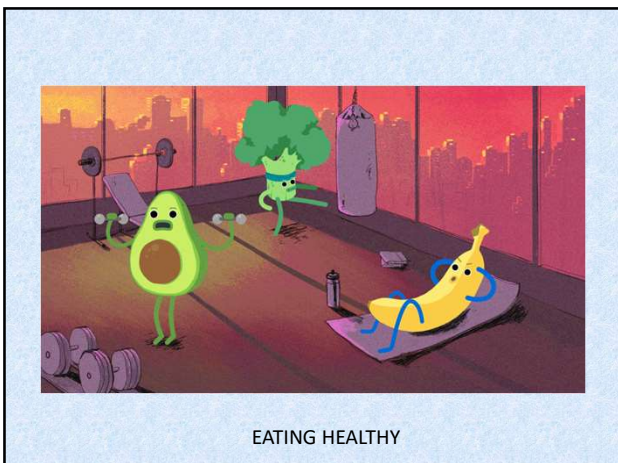
daily reminder for em to drink water



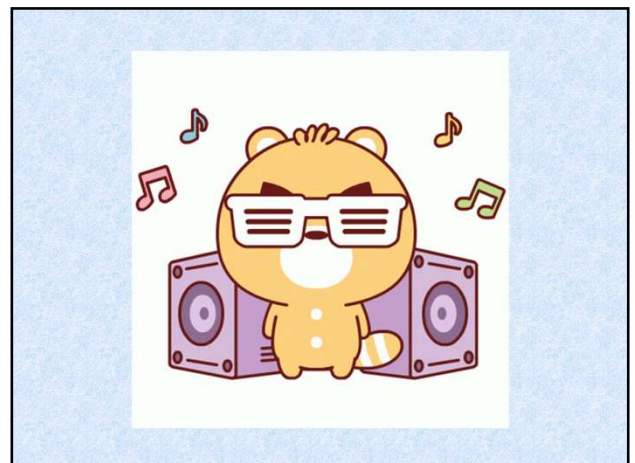
RELAX, HEALING, CHILLING



I WORK OUT



EATING HEALTHY



Refresh and switch up your workspace

- When many of us were working from home at least some of the time, we learned that having a refreshed working area could help you feel re-energized. With that said why stop now? Keep your area refreshed and clear of clutter.
- But it's not just where you set up your workplace – you want to create an environment where you'll feel inspired to be for 8 hours a day. You should invest in creating a work setup that you'll enjoy being at – after all, we spend one-third of our lives at work. Investing in a good monitor, laptop stand, plants, planner, stationery, lamp and chair are just some of the things that can make all the difference.
- Go one step further and buy a work teapot and some artwork to hang above your desk.

Connection

Connection is vital to our personal self care and well-being as well as our ability to serve as leaders. *There are many practices that cultivate a sense of connection:*

- Professionally you should connect with NACM's CAP & ACAP Classes, trade groups, Boot Camps, regional conferences and Credit Congress
- The Professional Development arms of NACM such as CFDD and IceL.
- Spiritual practices such as prayer, meditation, or contemplation
- Participating in community e.g. spiritual, family, work
- Spending time with family and friends
- Accessing peer support or mentorship
- Connecting with self through meditation, journaling, and self-reflection
- Spending time in nature
- Quiet Time
- Having fun!



Practice: Reach out to your local CFDD and ICEL, try a trade group, Sign up for CAP or ACAP programs.



Build Your Own Self-Care Tool Box

What are 10 things that you can do in 5 minutes or less that can support you in practicing self-care?

