

MANAGING YOUR S.E.L.F.

In Times of Change & Crisis

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Four Typical Remedies

- **Work less.**
- **Manage your time.**
- **Practice self-care.**
- **Reduce stress.**



BREAKOUT ROOMS

1. Introduce yourselves.

2. Refer to Page 2

**3. Share #1 tip that
you're already doing:
Work less, manage
time, self-care, reduce
stress.**

What We Will Discuss Today

- Embrace **S**tress
- Manage **E**nergy
- Drop the **L**oad
- Find a **F**ramework



EMBRACE STRESS



**NOT ALL
STRESS IS BAD!**

AUTHOR OF THE INTERNATIONAL BESTSELLER THE WILLPOWER INSTINCT
KELLY McGONIGAL, PH.D.

**THE
UPSIDE
OF
STRESS**

**WHY STRESS IS GOOD FOR YOU,
and HOW TO GET GOOD AT IT**

Switch from
fight-or-flight
to challenge.



Challenge Response

- **Helps you think clearly**
- **Gives you energy**
- **Feels better**
- **Is good for you!**

LET'S
DO
THIS!



**Stress is a
sign you care.**



How to Switch to Challenge Response:



How to Switch to Challenge Response:

**Is my life in
danger?**

**Why do I care?
or**

**What do I care
about?**

“People who believe stress is enhancing are less depressed ... have more energy and fewer health problems...

They’re happier and more productive...

They are more likely to view stressful situations as a challenge, not as an overwhelming problem.”

- Kelly McGonigal

**A completely stress-free
life is a boring,
meaningless
life.**





BREAKOUT ROOMS

- 1. Think of one thing you're stressed about.**
- 2. How does it demonstrate your values?**
- 3. Discuss your answers.**

ENERGY MANAGEMENT



**Energy cannot
be created or
destroyed.**





FIND POCKETS OF PEACE







Consuming ≠ Nourishing

**Do nothing for
30 seconds.**

**“Almost everything will work again
if you unplug it for a few minutes
... including you.”**

- Anne Lamott



**ACCEPT
GOOD**





ACCEPT GOOD

Put your answers in the chat...

Some ideas:

- **Smiles & Laughter**
- **Compliments & Praise**
- **Gratitude**
- **Inspiring People or Messages**
- **People You Actually Like**
- **Hugs, Snuggles, Purrs, & Wagging Tails**

DROP THE LOAD



How do you leave work at work?









CLEAR MIND:

1) Acknowledge

2) Plan

3) Transition

DETACH



LEAVE WORK AT WORK

Put your answers in the chat...

Some ideas:

- **Create a task or reminder**
- **Schedule blocked time**
- **Delegate**

- **Clear your workspace**
- **Use commute to refocus**
- **Greet your home**
- **Meditate or breathe deeply**



BREAKOUT ROOMS

- 1. Refer to page 3-4.**
- 2. What is one thing you will start doing?**
- 3. Discuss your answers.**

FIND A FRAMEWORK



VALUES & BELIEFS



I am worth what I produce and achieve.

Everyone needs to like (or respect) me.

I am a helper.

I am a hard worker.

I am the only one who can do this.

Everyone else's needs are more important.

Burnout is the price of success.

WRITE YOUR IDEAS

See list of common beliefs, page 5.

- What resonates with you?
- What beliefs or values do you want to let go of?

To change your behavior, you have to change how you see yourself.

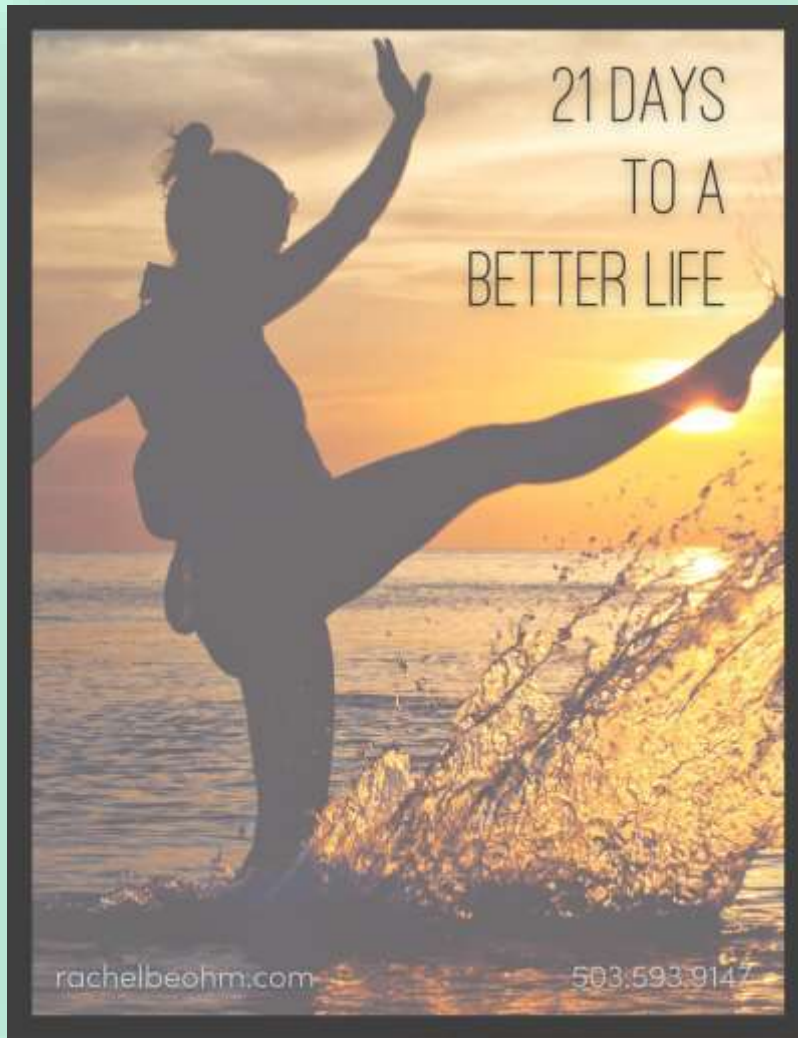
MANAGE YOUR STRESS ENERGY LOAD FRAMEWORK



**YOU ARE YOUR MOST
IMPORTANT RESOURCE.**

**Take care of
yourself.**





- **Three weeks**
- **Short email right to your inbox**
- **Personal presence, communication, mindfulness, and mindset shifts**

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**What questions do
you have?**



**“It’s not the load that
breaks you down,
it’s the way you
carry it.”**

- Lou Holtz

THANK YOU!
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