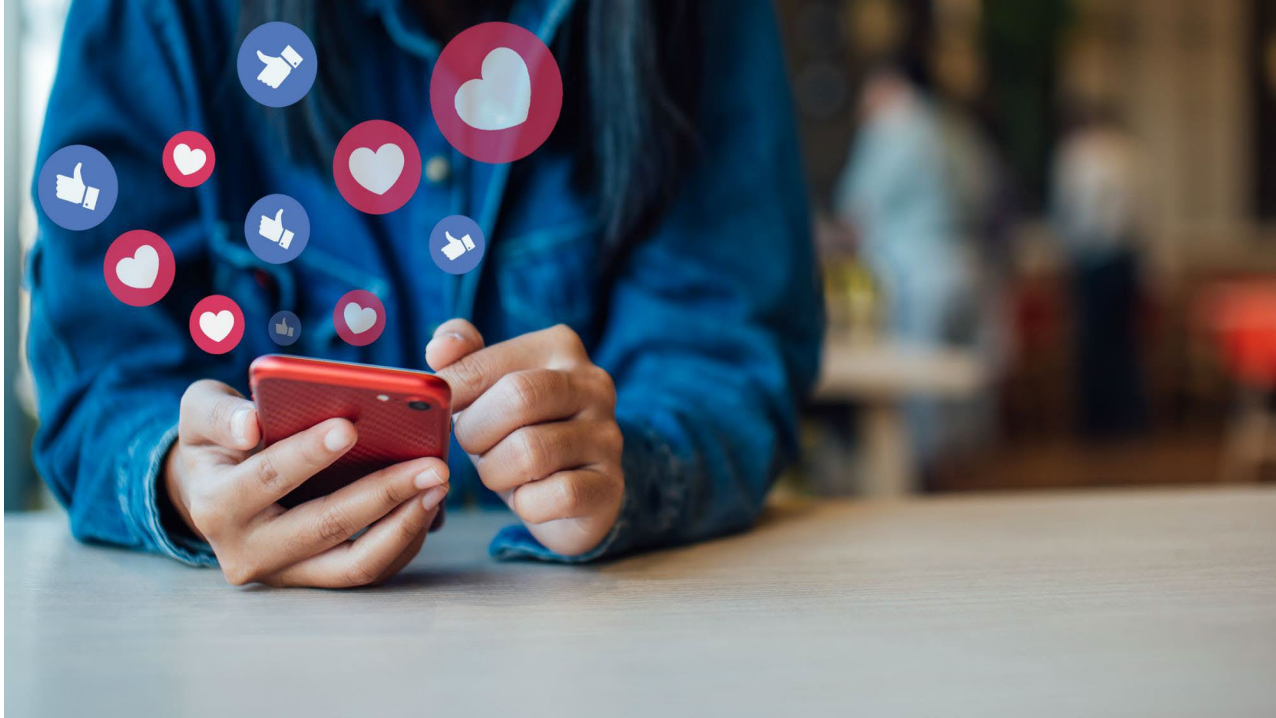


Self-Care Awareness

Practicing what you preach

# Objectives

- Describe self-care
- Discuss why self-care is important for you and your team
- Identify ways you can take care of yourself and encourage your team to do the same



**#selfcare**

# self-care

/ self'ker /

*noun:* **self-care**; *noun:* **selfcare**

1. the practice of **taking action** to preserve or improve one's own health.
  - the practice of **taking an active role** in protecting one's **own well-being and happiness**, in particular during periods of stress.



# Why is it so hard to prioritize self-care?

**FEELING GUILTY**

**LOW SELF-WORTH**

**MAKING CHANGE  
ISN'T EASY**

**“Self-care is just a bunch of new-age, hippy nonsense!”**

**“I don’t have time or money for that!”**

**“Leaders need to be strong. If I’m a good leader, I shouldn’t need self-care.”**

# Why Self-Care?

- 1. Self-care rituals set you up for a more productive day.**
- 2. Self-care makes you feel happier, and happiness is contagious.**
- 3. Self-care helps you relate to your team's struggles.**
- 4. Self-care can help you make better decisions.**
- 5. Self-care puts you in touch with what's really important.**

# How can you take care of yourself (and encourage your team to do the same)?

## **Personal:**

- Establish healthy routines
- Make sleep a priority
- Try something new and relaxing

## **Professional:**

- Build healthy habits into the workday
- Schedule breaks
- Practice gratitude

## **Company:**

- Discourage eating lunch at the computer
- Invest in resources and education
- Introduce wellness check-ins



# Take action

- At home, I will practice this self-care act...
- At work, I will practice this self-care act...
- I will encourage my team to practice this self-care act...

# Recap

- Describe self-care
- Discuss why self-care is important for you and your team
- Identify ways you can take care of yourself and encourage your team to do the same

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." Mother Teresa*

Your Program

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**Thank you!**

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