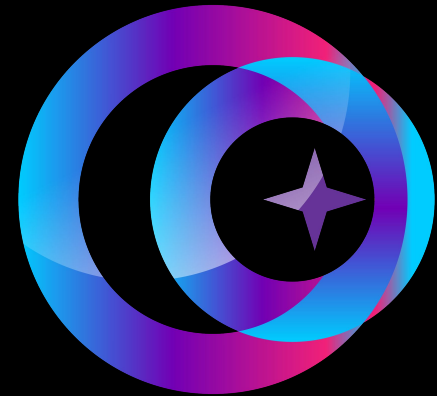




Self-Care for Leaders and Staff – Nurturing the Culture!

**Dr. Rachael George
@DrRachaelGeorge**

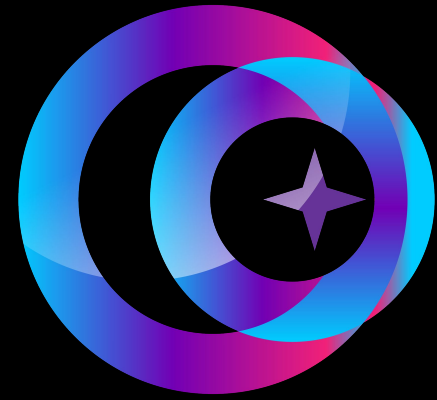
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Me in a nutshell....

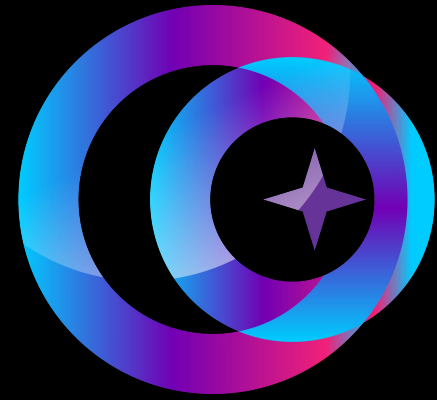


On this squirrel scale, how do you feel today?



On this squirrel scale, how do you feel today?

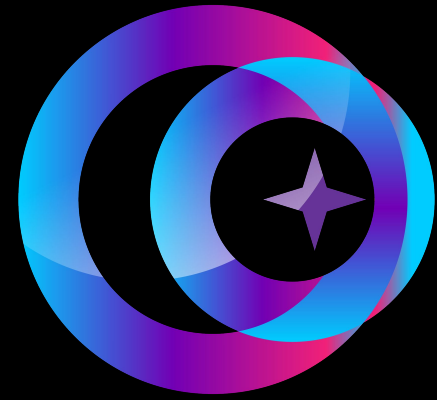




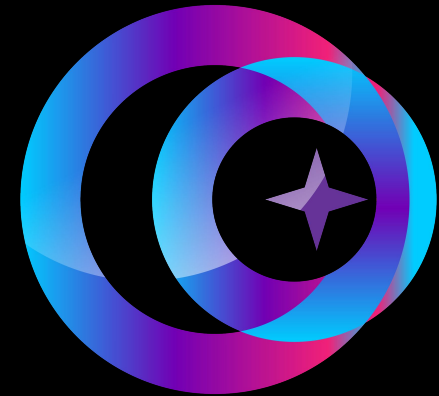
By the end of our time together today, we will...

- Know what self-care is
- Understand and identify the importance and power of self-care
- Examine your current practice
- Identify self-care strategies that work for you
- Align your work and self-care to your why and passion
- Identify ways to integrate self-care on a consistent basis

On a sticky note complete this sentence:

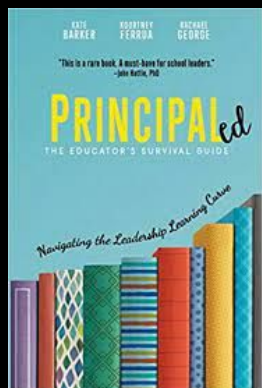


- **Today will be a success for me if...**



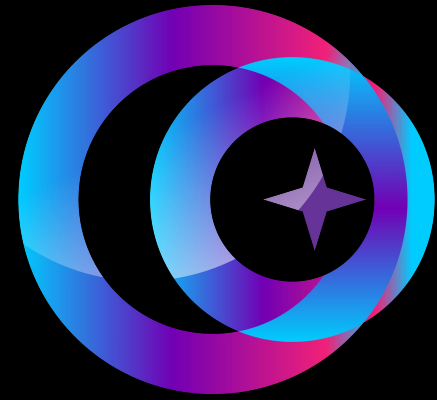
“If you aren’t careful, this job will
eat you alive.”

*~PrincipalED: Navigating the Leadership Learning
Curve*

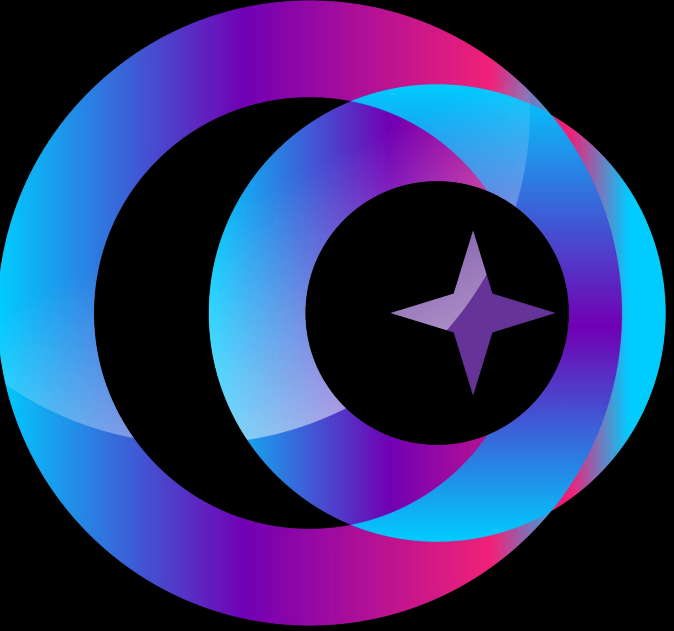


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The pandemic has changed us and our teams

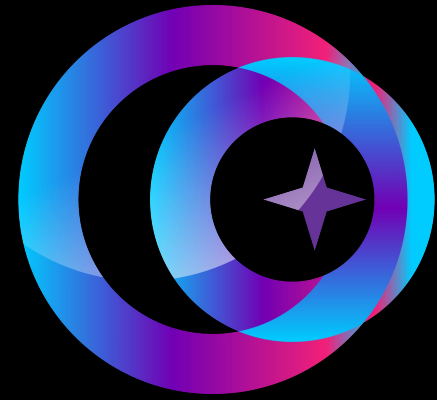


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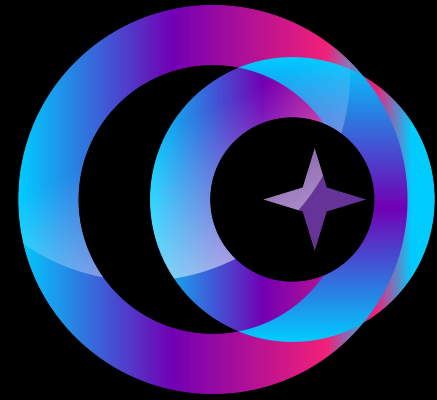
What is self-care?

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**“Self-care isn’t selfish;
it’s actually *selfless*.”**

~Lisa J. Lucas in *Practicing Presence*

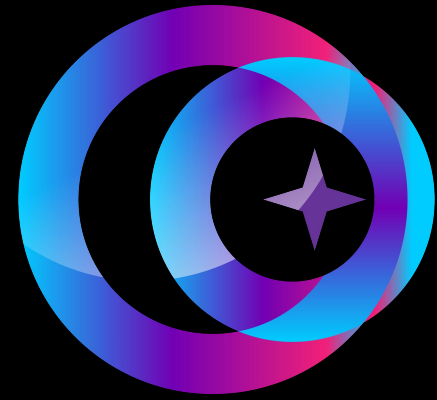
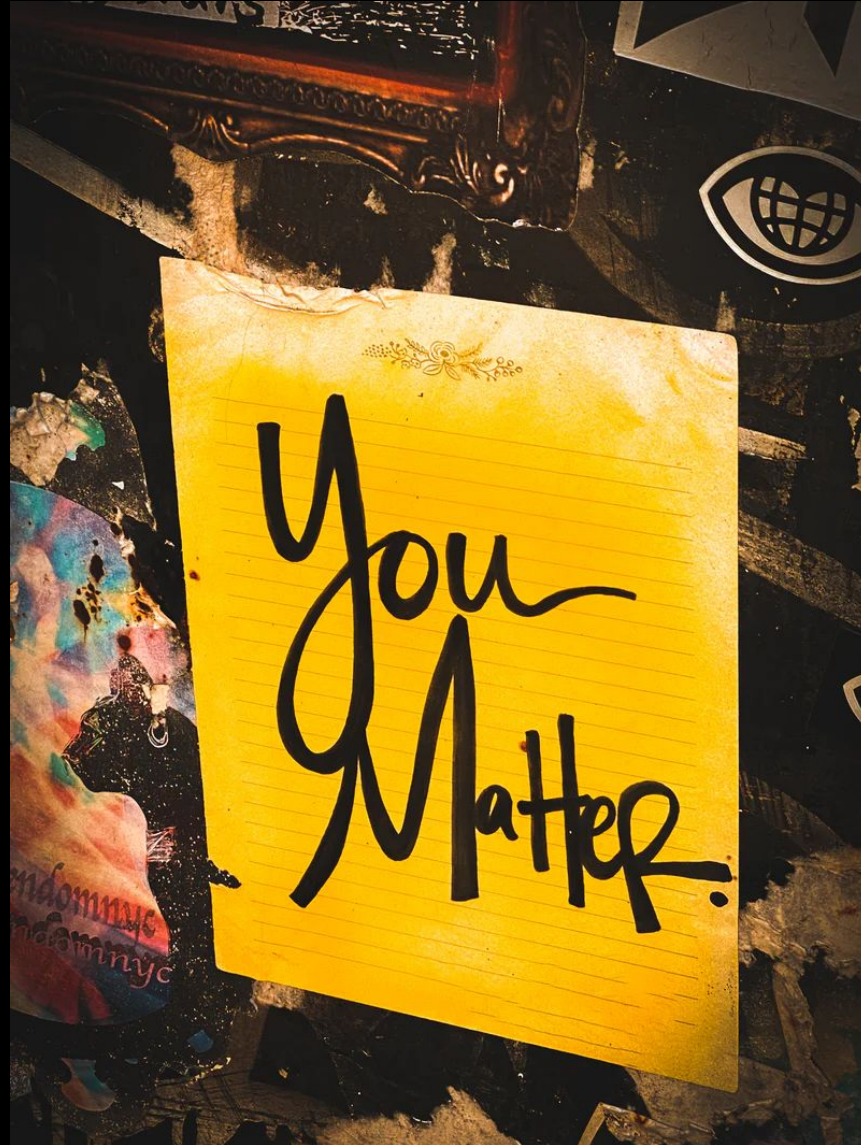


Take a moment....

**Take 30 seconds, write down what you
believe self-care is.**

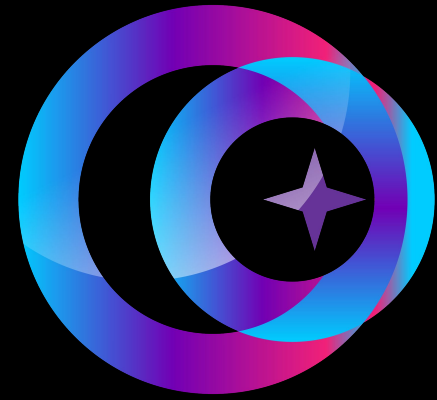
What it is

It's a lifestyle!

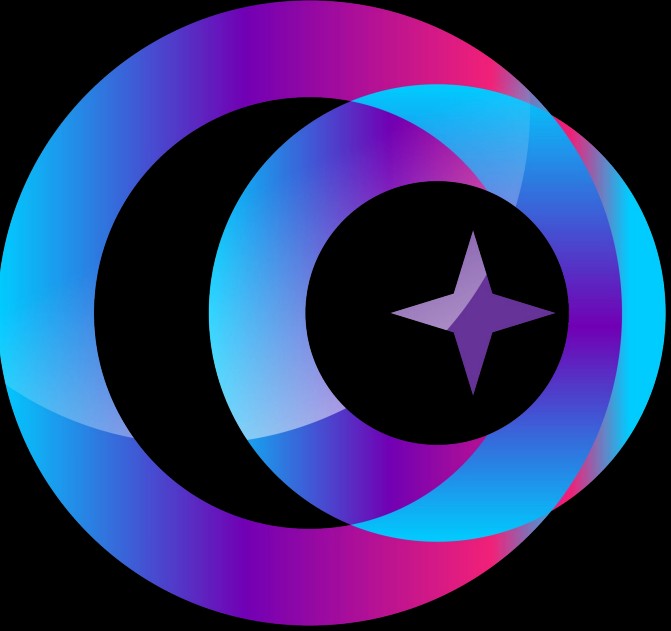


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What it isn't

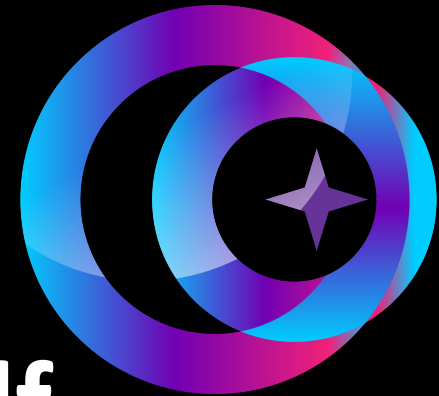


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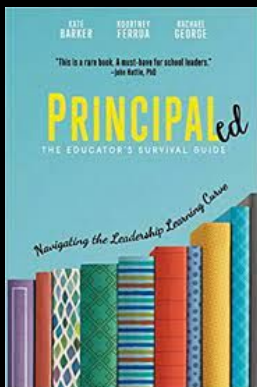
Self-Care Strategies

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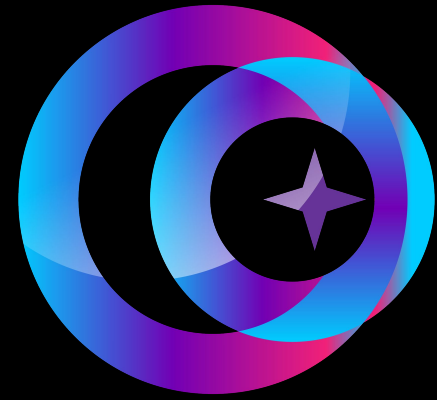


“If you aren’t taking care of yourself early, the impacts can be much larger and more severe later down the road.”

~PrincipalED: Navigating the Leadership Learning Curve



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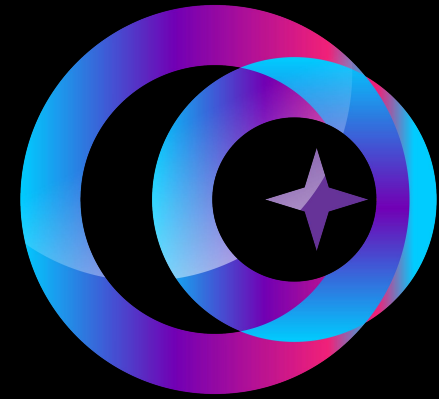


The Big Four:

- Sleep
- Physical Fitness
- Nutrition
- Stress

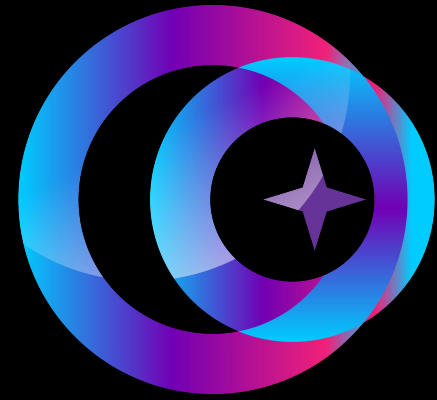


Sleep



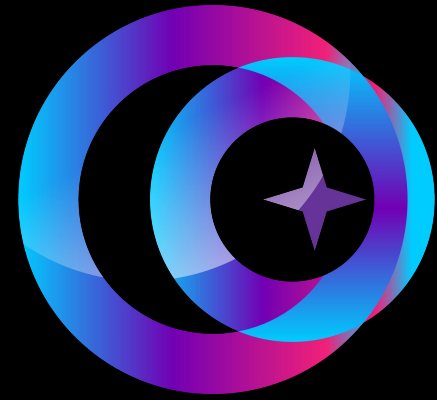
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Physical fitness



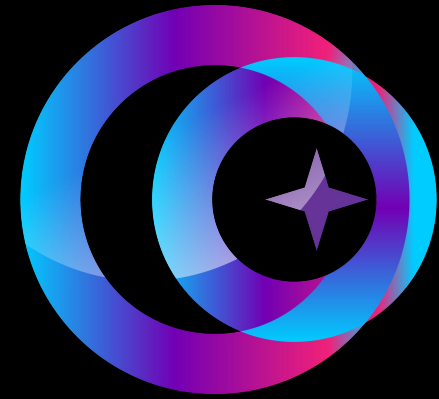
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Nutrition

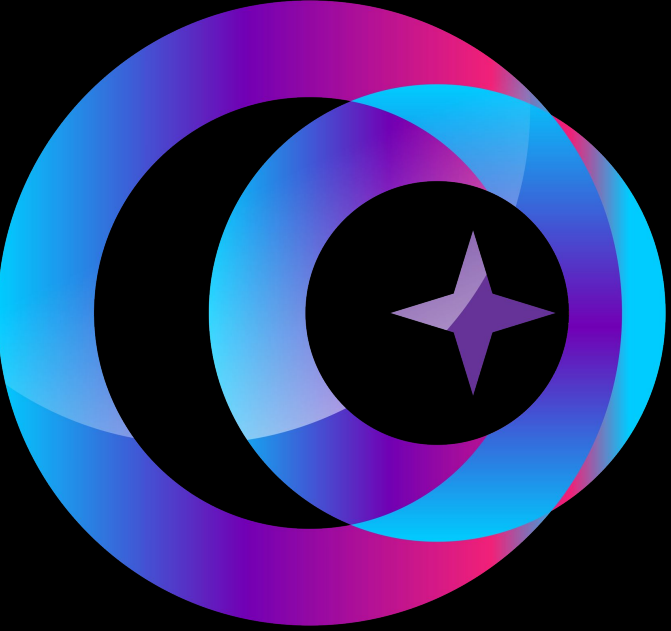


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Stress

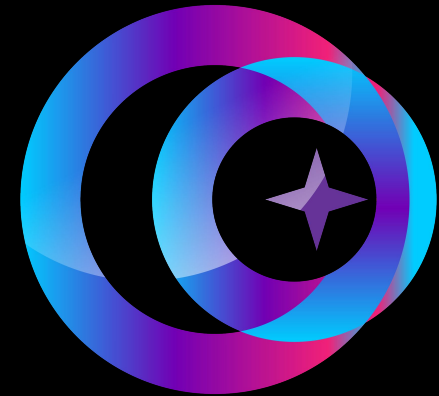


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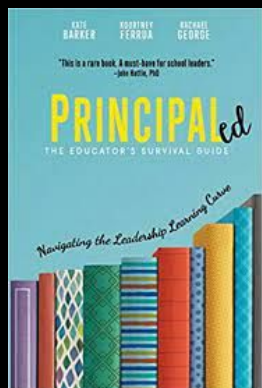
Harnessing the Power

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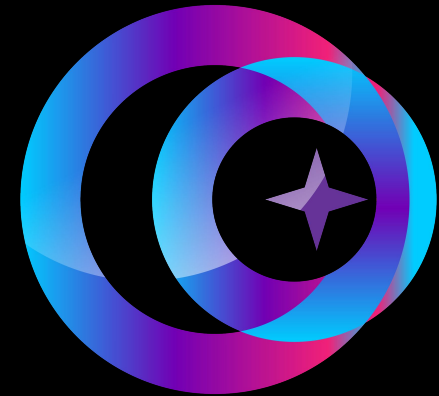


**“You don’t have to pick your job
over your health, you can do both!”**

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Curve*

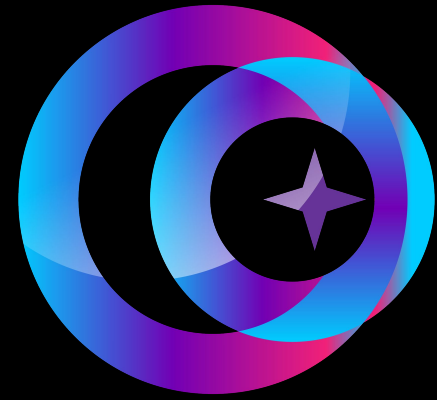


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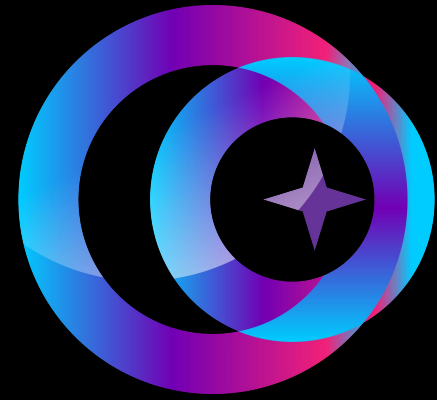
**“I simply do not have time for
self-care.”**

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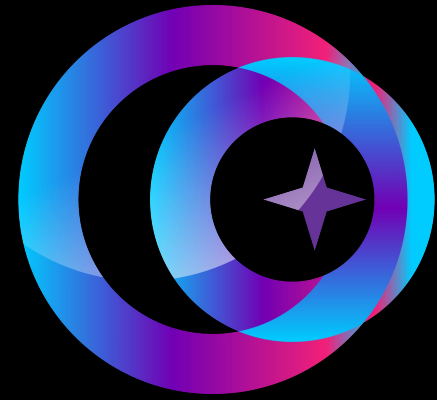
Challenge:

Redefine self-care and move away from the idea that it has to be a grand gesture or that it requires a lot of time outside of your normal day to day life to practice self-care.



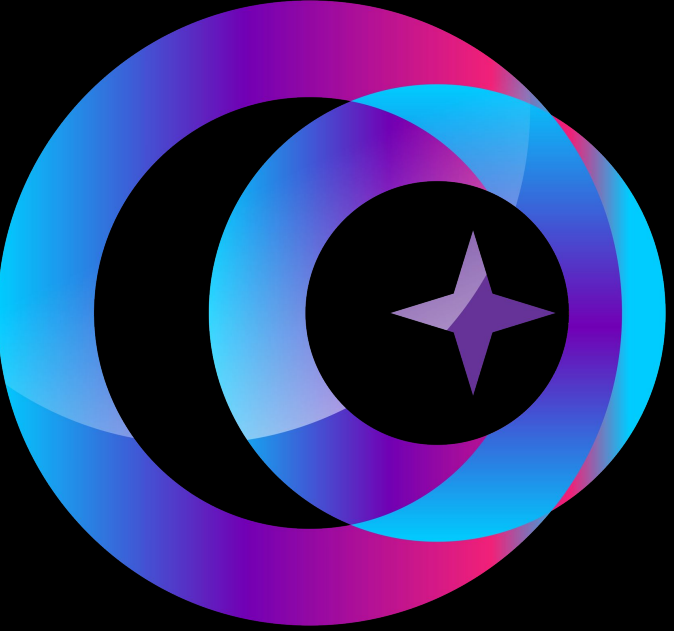
Begin by identifying the self-care you are already doing:

- Getting 7-8 hours of sleep a night
- Eating healthy (at least most of the time)
- Watching or reading something you enjoy before bedtime
- Time with friends or family
- Laughing or debriefing with coworkers
- Taking a walk or walking your pets



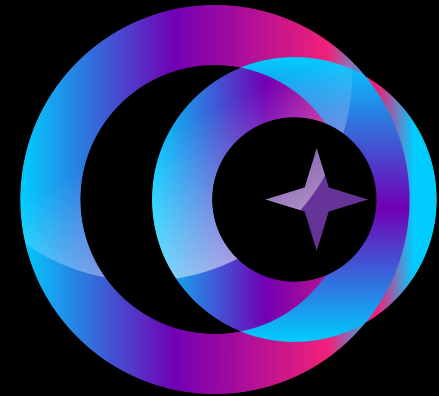
What else?

Thinking about this new way of defining self-care, what are some other examples of daily self-care activities?



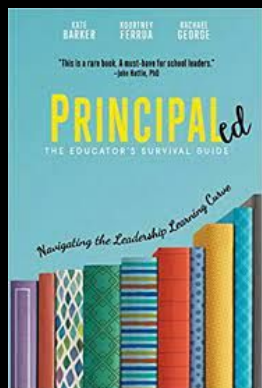
What's your current practice?

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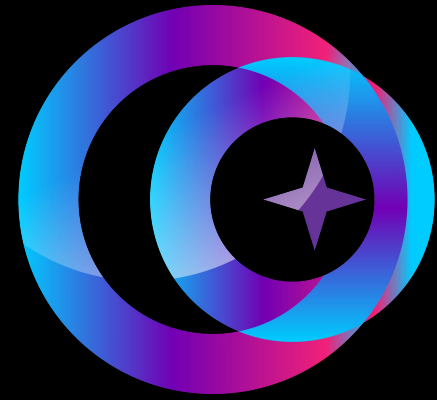


**“Stress is one of the constant things
that you can come to expect in life.”**

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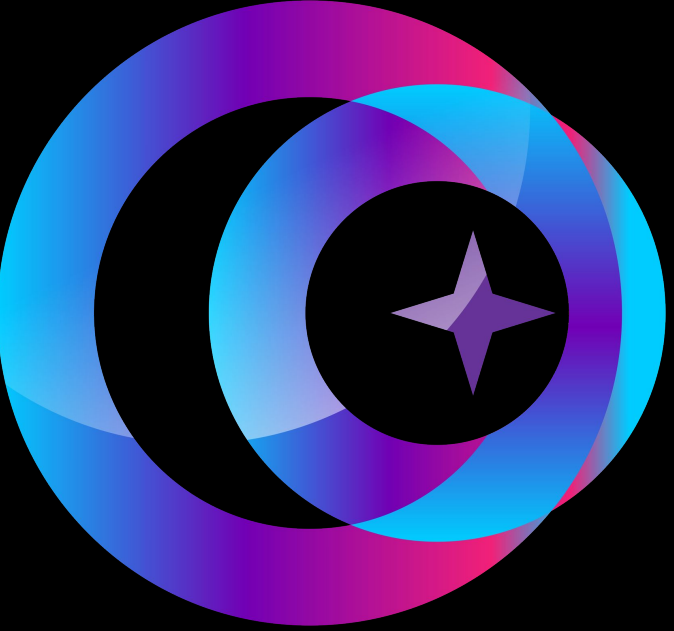
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Take a moment to reflect

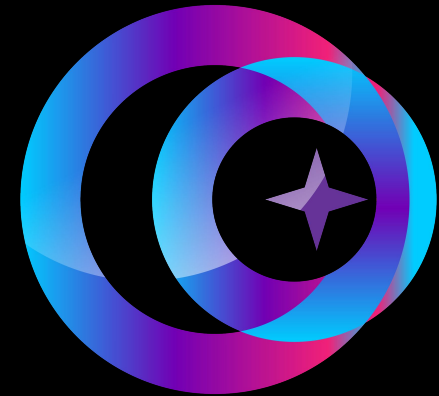
What's working?

What's not working?



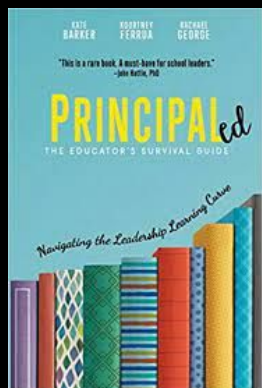
Finding What Works For YOU

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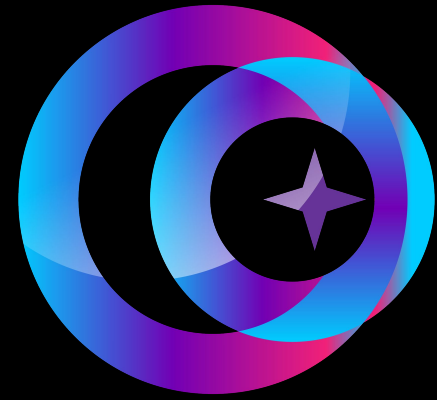


**“You are important and you need to
invest in yourself.”**

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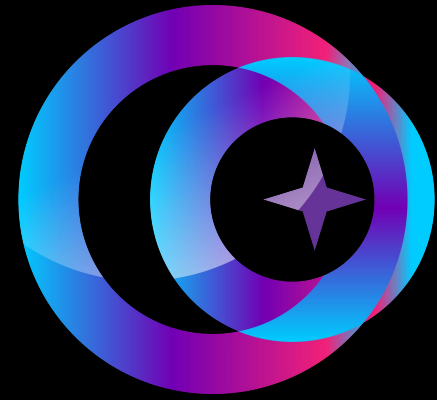


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Ordering off your self-care menu

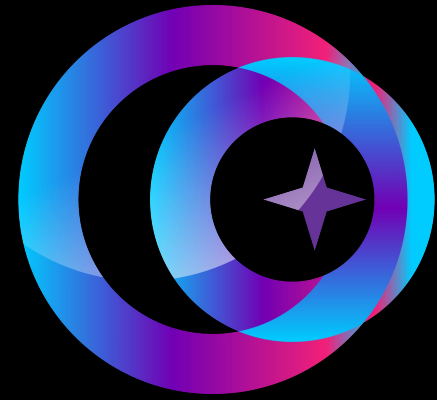
- Sometimes it's not enough to just redefine the self-care you are already doing.
- Sometimes you need to do more of those things.
- Sometimes you need to place an order off your self-care menu.



Self-care menu-beverages

Quick/emergency self-care

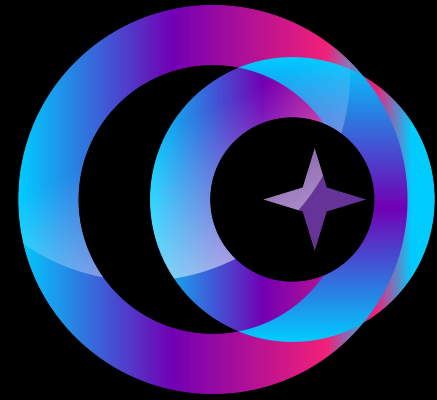
- Take 3 deep breaths
- Tense and relax the muscles in your neck and shoulders
- Stand up and stretch
- Rest your eyes for 2 minutes
- Get a cold drink of water
- Listen to your favorite song (or sing and dance)



Self-care menu-appetizers

Small portion self-care activity

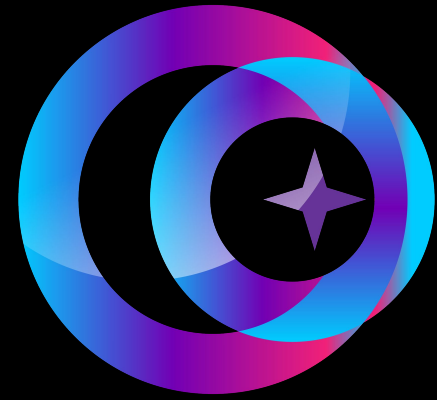
- Eat a healthy snack
- Take a walk outside or around the room
- Leave a frustrating task and return later with a new perspective
- 5 minute meditation



Self-care menu-appetizers continued

Small portion self-care activity

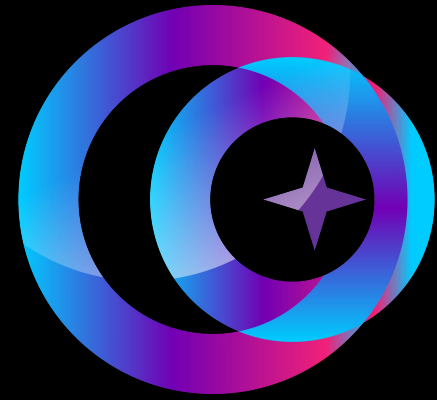
- Write a list of things you are grateful for today
- Check something off your to-do list
- Make a plan for a fun activity
- Take your vitamins regularly
- Set and enforce boundaries



Self-care menu-entrees

Larger portion self-care activities

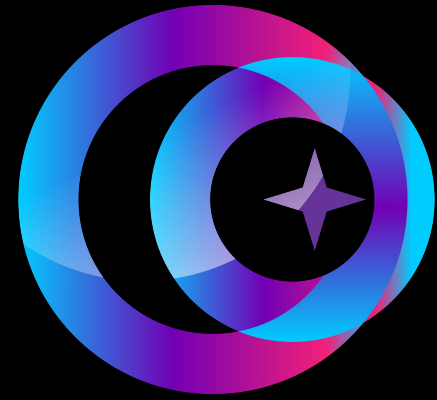
- An outdoor activity with a friend or family
- Meal plan for the week
- Check off items from your personal to-do list



Self-care menu-entrees continued

Larger portion self-care activities

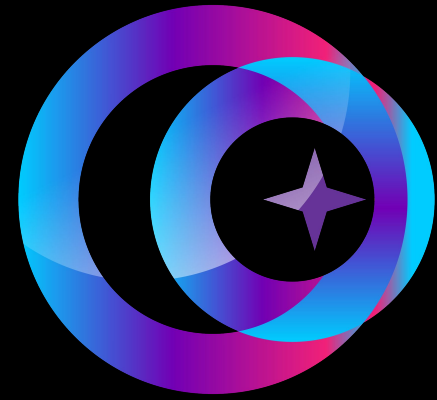
- Call a friend or relative you haven't spoken with in awhile
- Game night with your family
- Family mealtime



Self-care menu-entrees continued

Larger portion self-care activities

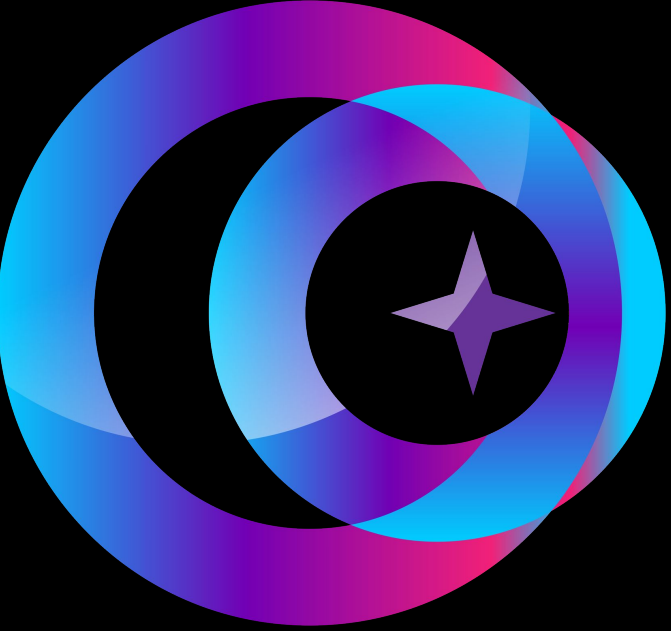
- If you have kids- arrange a virtual call with grandparents or other relatives so you can have break
- Finish that house project
- Go to bed an hour earlier than normal, sleep in, or take a nap on the weekend



Self-care menu-entrees continued

Larger portion self-care activities

- Increase, revisit, or adapt your exercise routine
- Start that new book or new television series that has been on your list
- OK, fine, take a bubble bath (you thought I was going to leave that one out, didn't you?)

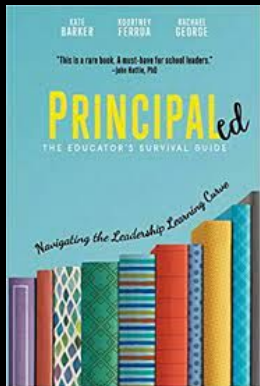


Integrating It

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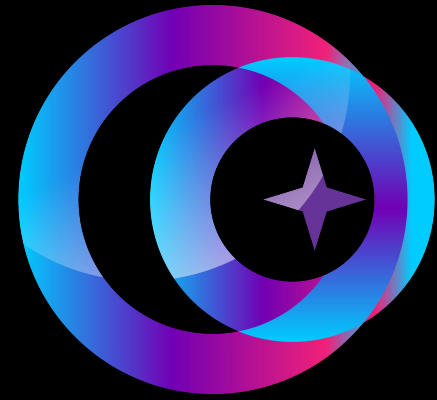
**“You need to take time out of each day
to take care of yourself so you can
bring your best self to your building
and work serving your community and
students.”**



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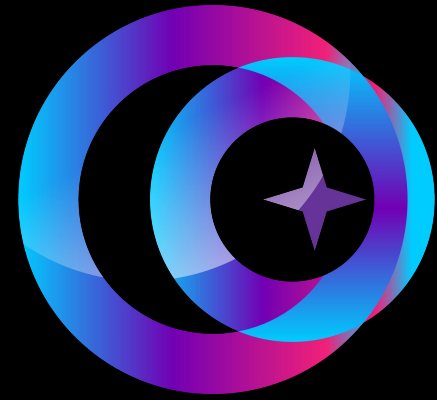
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Mastering your morning



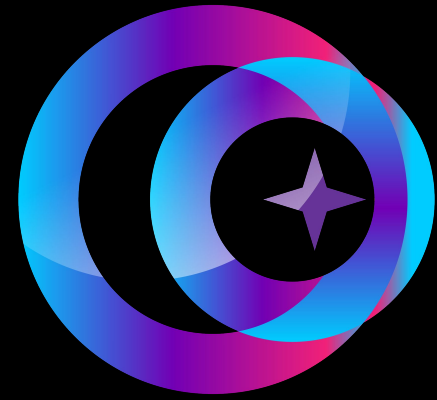
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Get moving



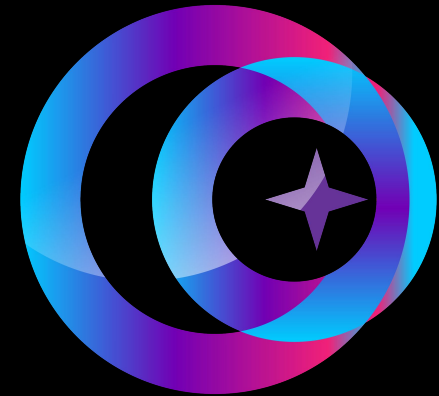
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Set some limits

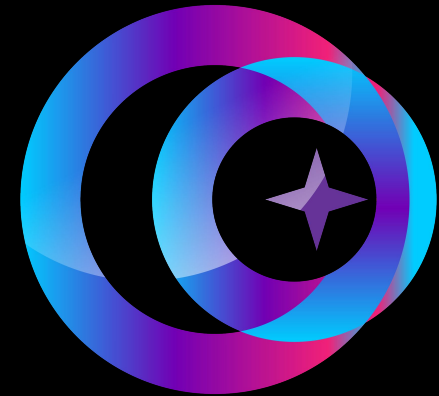


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Process things

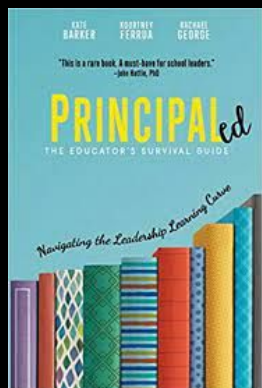


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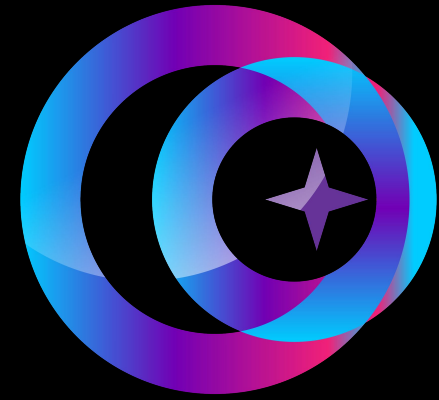
**“If you don’t take care of yourself,
you can’t effectively take care of
others.”**

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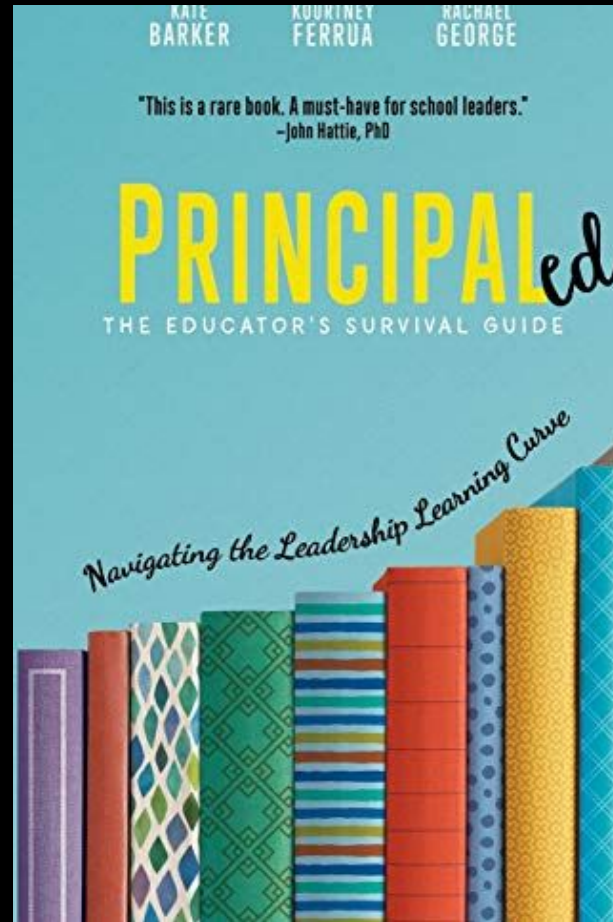
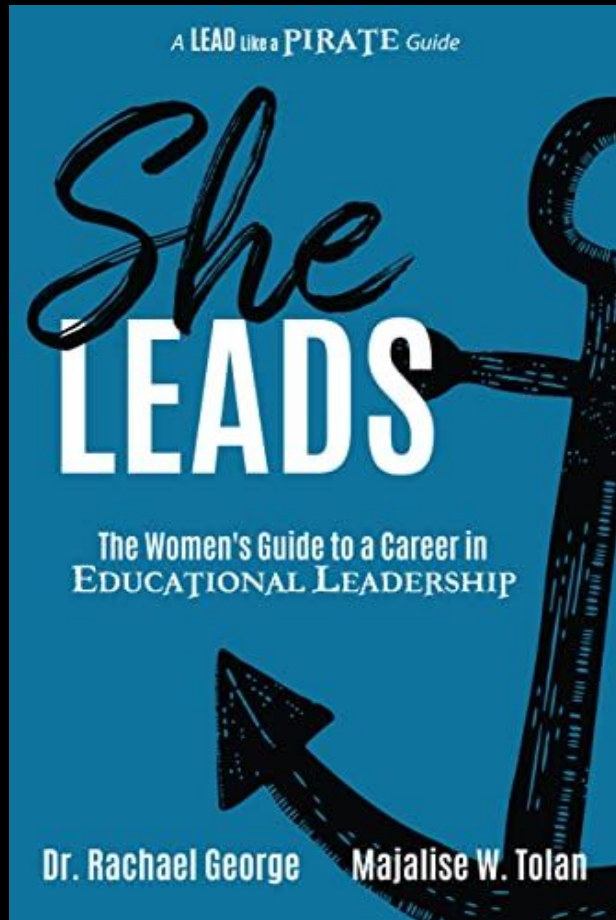
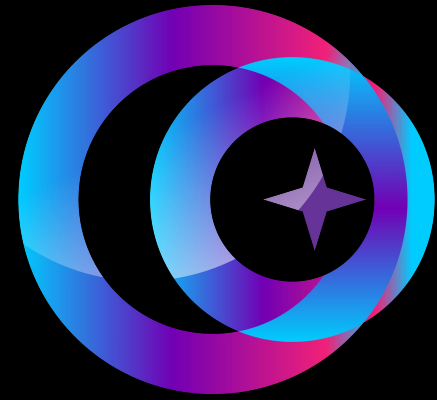
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**We are never done with self-care
and caring for others!**

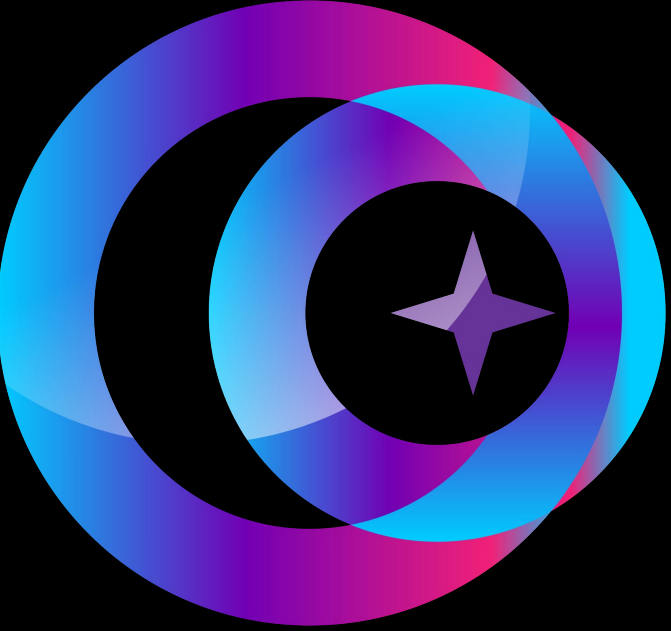


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Discussion, Questions, Follow-up

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