

Nurturing Resiliency in Leadership

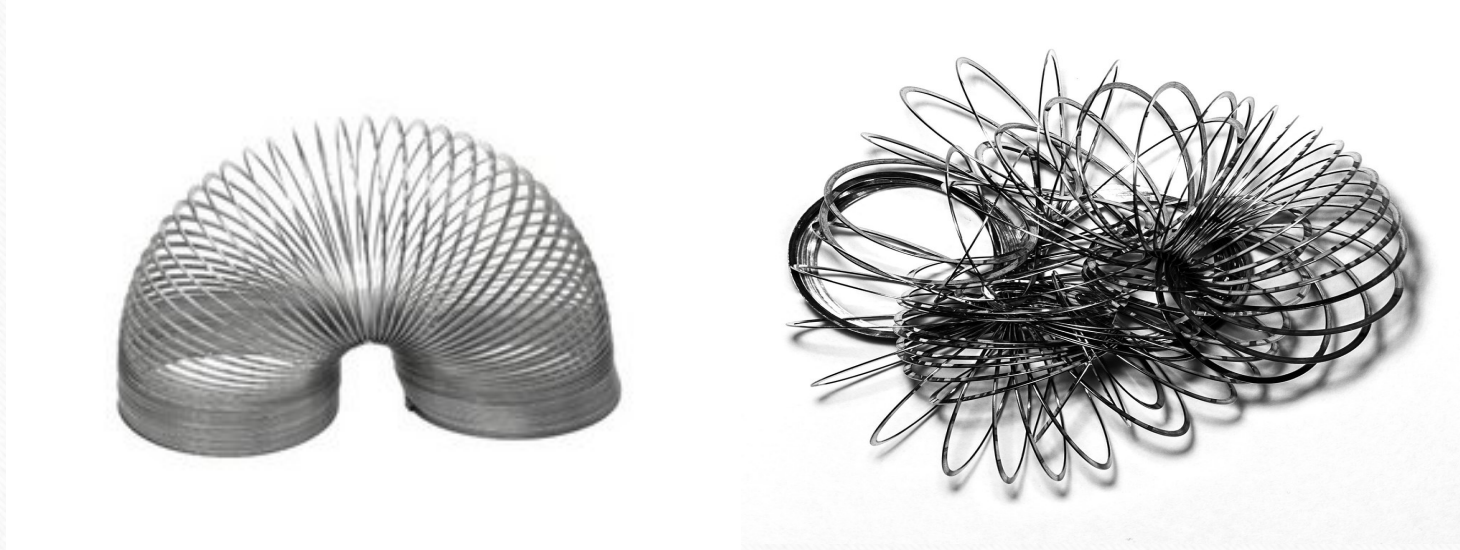
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Objectives

- Understanding how nurture resiliency
- Tips for Self Care
- Switching On and Off
- Mindful Moments

Resiliency

- The ability to recover quickly from difficulties



Self Care Tips

- Get enough sleep
- Eating healthy
- Light exercise or movement
- Vary the work that you do
- Do something fun
- Focus on what you did well
- Learn from your mistakes
- Laugh when possible
- Pray, meditate, or relax
- Nurture a support system

Switching On and Off

- How do you know when it's time to take a break?
- End of the day ritual
- Scheduling time for standing, walking, and transition between meetings
- Listen to your body
- Walking phone meetings
- Have an accountability coach, and hold each other accountable

Mindful Moments

- 1. On waking, sit in your bed or a chair in a relaxed posture.** Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.
- 2. Take three long, deep, nourishing breaths**—breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.
- 3. Ask yourself: “What is my intention for today?”** Use these prompts to help answer that question, as you think about the people and activities you will face.



Mindful Moments

- **3. Ask yourself: “What is my intention for today?”** Use these prompts to help answer that question, as you think about the people and activities you will face.
 - *How might I show up today to have the best impact?*
 - *What quality of mind do I want to strengthen and develop?*
 - *What do I need to take better care of myself?*
 - *During difficult moments, how might I be more compassionate to others and myself?*
 - *How might I feel more connected and fulfilled?*

Mindful Moments

- **4. Set your intention for the day.** For example, “*Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well,*” or anything else you feel is important.
- **5. Throughout the day, check in with yourself.** Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

Meditation

