

# Practice Better Self-Care for Your Mental Health

**Great Deans Program**

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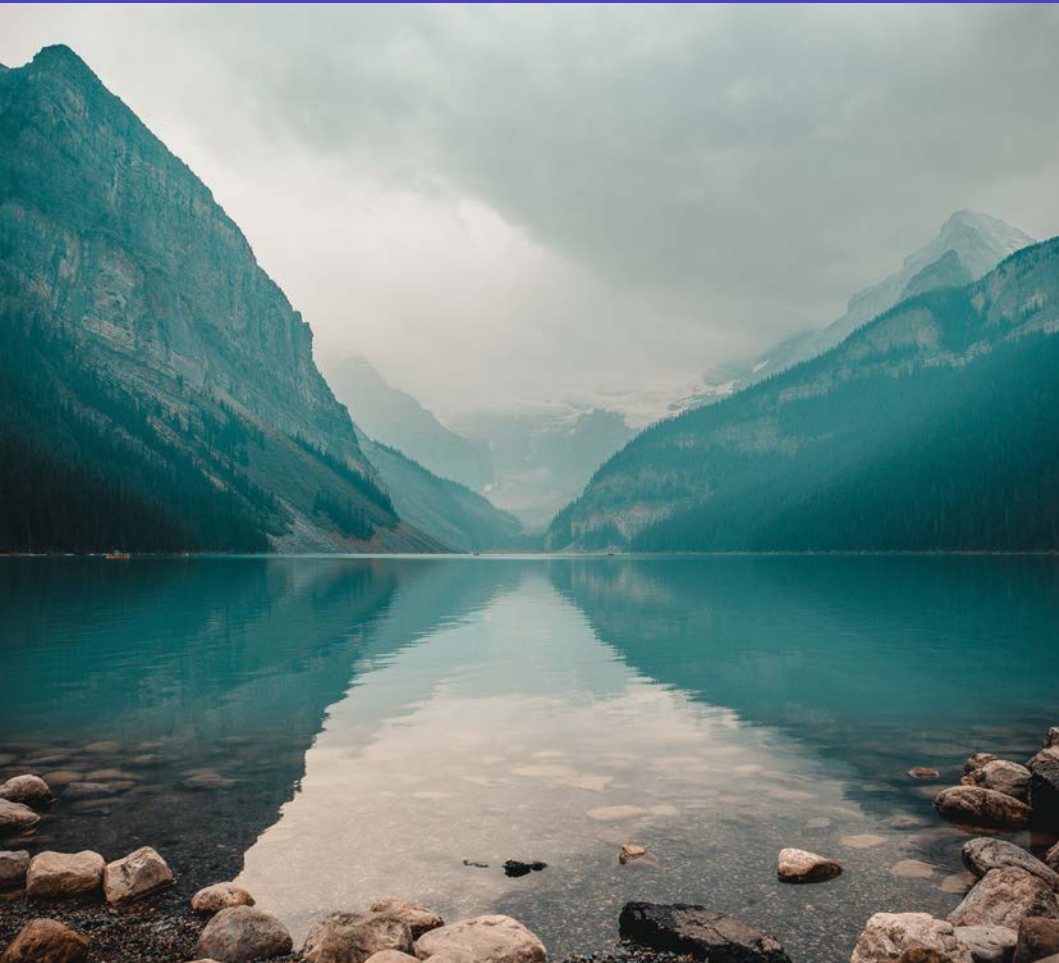


# Purpose



To highlight the importance of self-care, priority management and work/life balance so that you can live you best life and do your best work.

# Guiding Principle



Personal awareness and self-reflection are important skills to monitor one's own well-being.

# Focus on What You Can Control





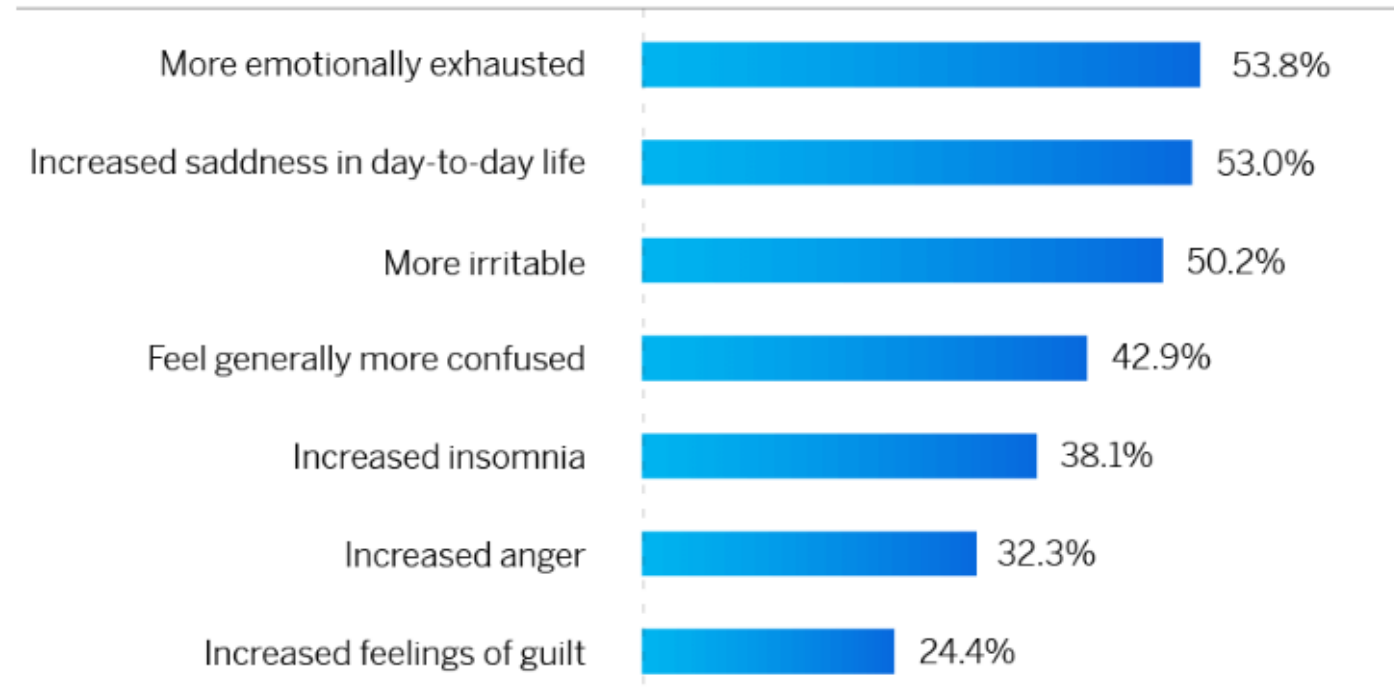
# Prioritizing Self-Care?



The practice of taking action to preserve or improve one's own health.

# The Other COVID Crisis: Mental Health

## Mental health symptoms since COVID-19 outbreak



# How is Your Mental Health?



A state of well-being in which the individual **realizes** his/her/their **own abilities**, **can cope** with the **normal stresses** of life, **can work productively** and fruitfully, and is **able to make a contribution** to his/her/their community.



# Well-Being = Quality of Life



The state of being comfortable, healthy and/or happy.



# Work/Life Balance



Involves the minimization of work-related stress, and the establishing of a stable and sustainable way to work while maintaining health and general well-being.

# Five Buckets of Time

## Work

How many hours/week are you working?

## Sleep

Are you getting at least 6-7 hours every night?

## Family/Friends

How much quality time are you spending with your loved ones?

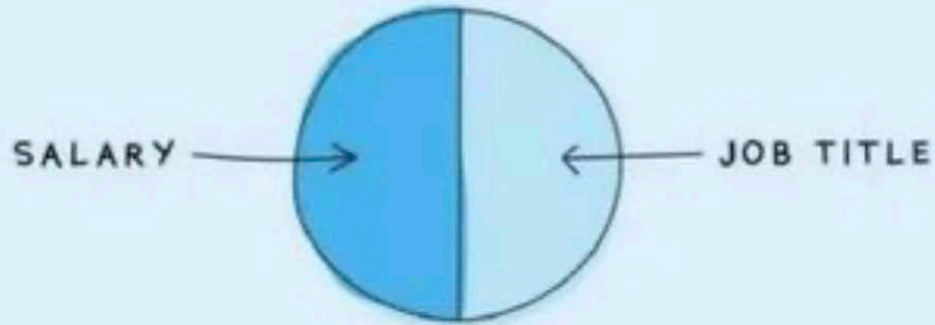
## Alone/Me

How are you putting yourself first?

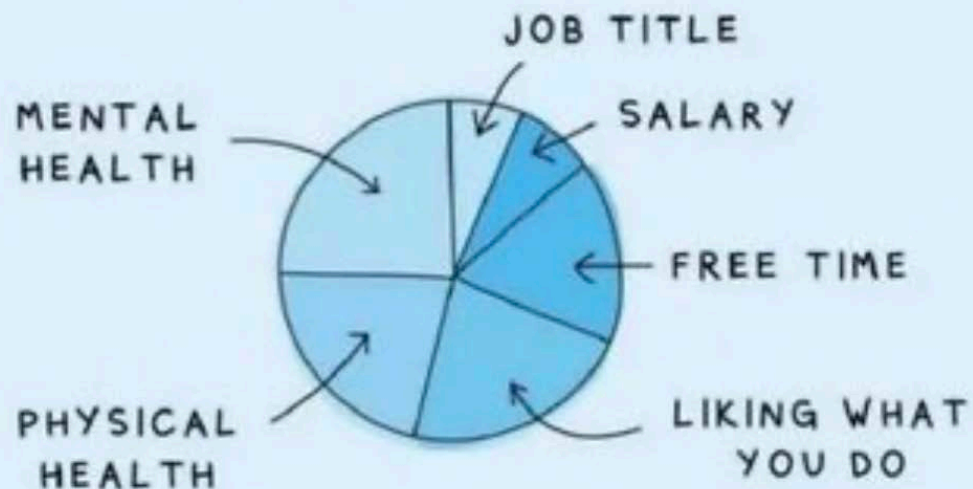
## Discretionary

How are you contributing to your community?

## HOW WE'RE TAUGHT TO MEASURE SUCCESS



## A BETTER MEASURE

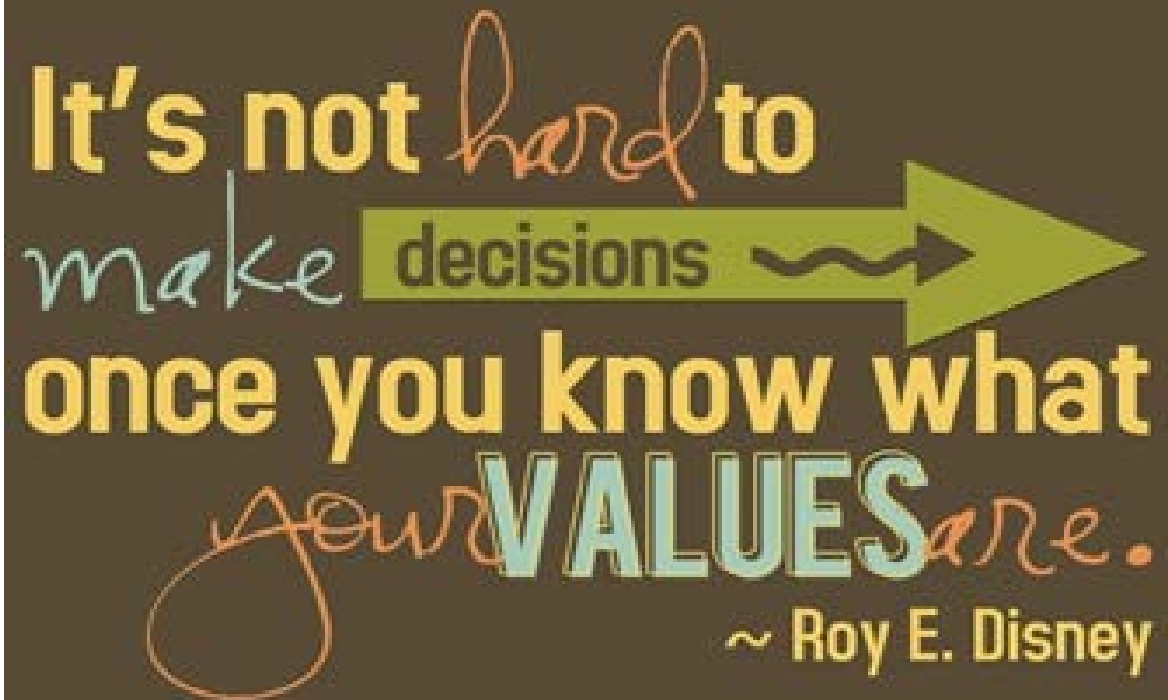


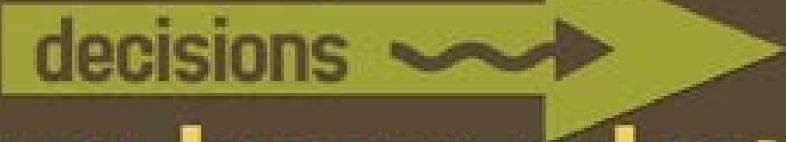
# Re-energize Your Soul

Demonstrate and elevate  
your values, priorities  
needs.

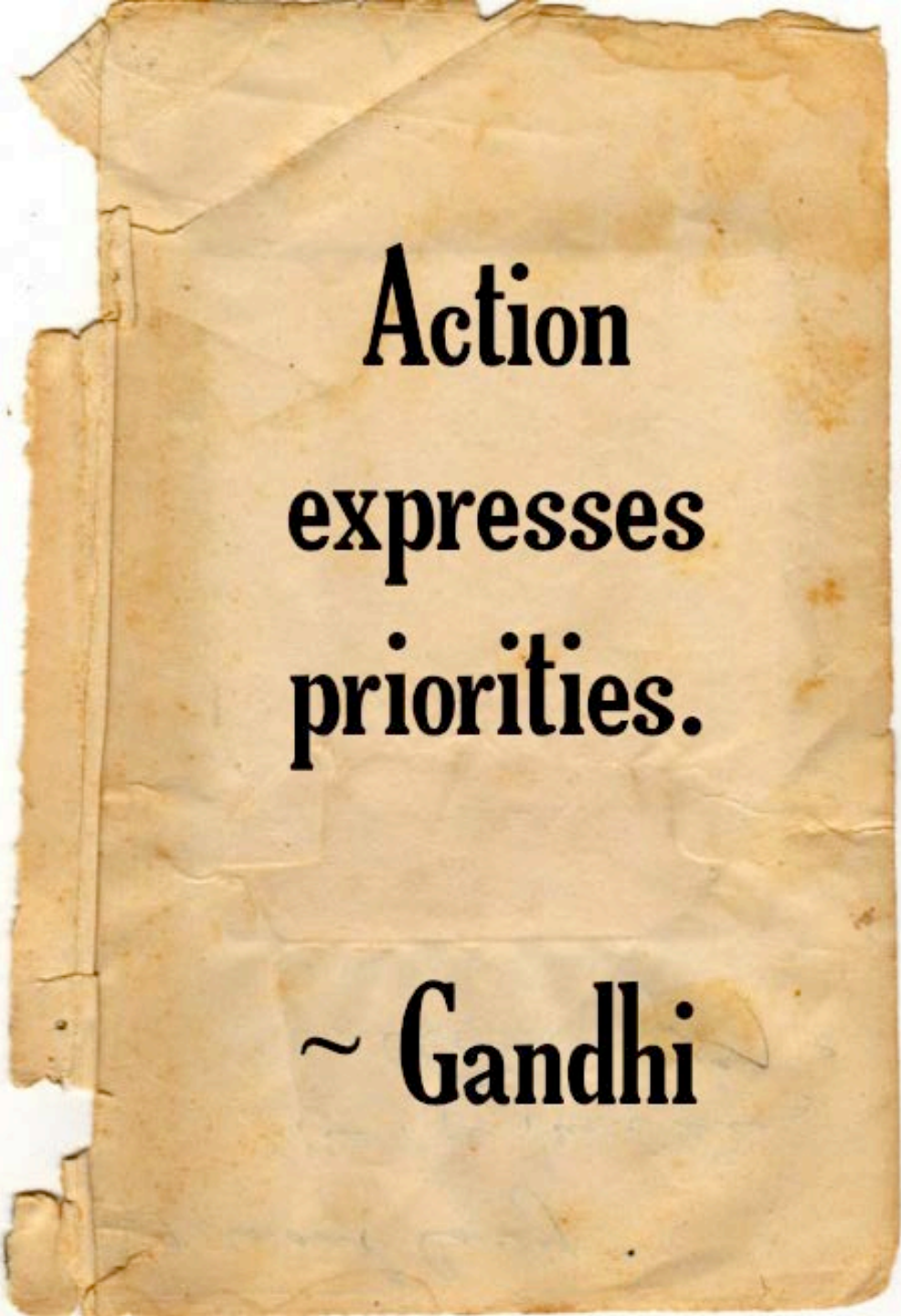
# Your Top Three Core Values?

Values are the fundamental beliefs of a person or organization



It's not *hard* to  
*make* decisions   
once you know what  
*your* **VALUES** *are.*  
~ Roy E. Disney





**Action  
expresses  
priorities.**

**~ Gandhi**

# Top Three Priorities?

Priorities are what you regard as being more important than another

# Top Three Needs?

A need is a requirement, necessary duty, or obligation.



# Reevaluate and Recalibrate



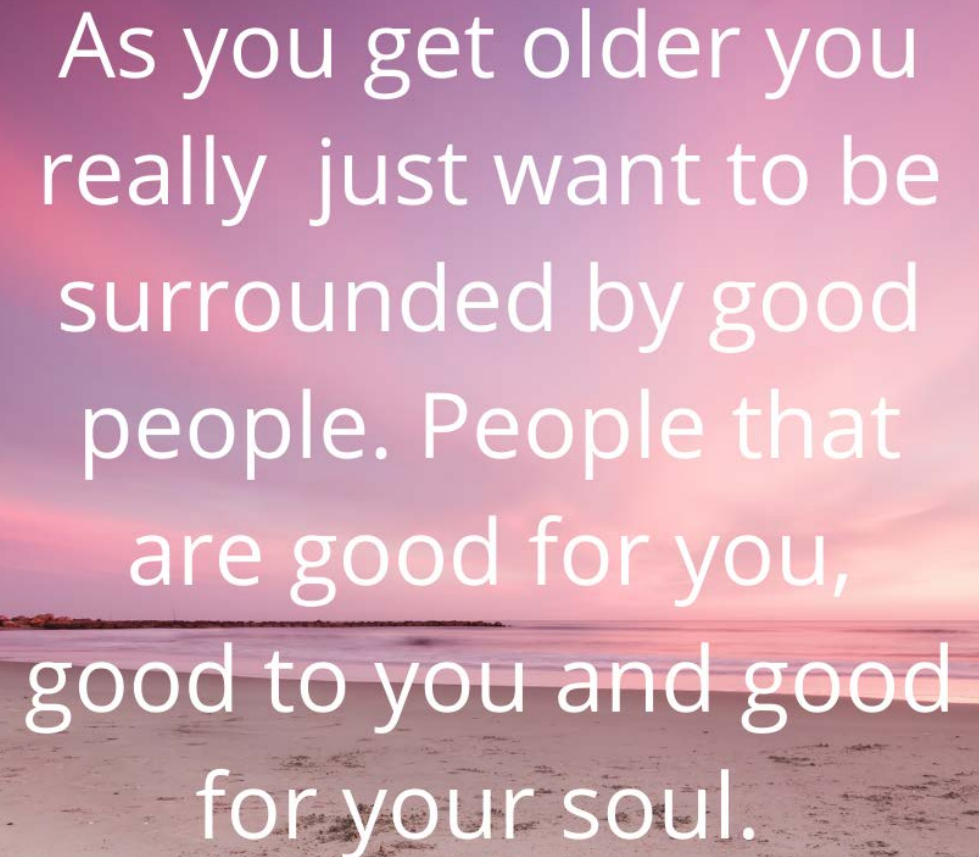
How are you **intentionally managing** your relationships, energy, calendar, and emotions?



# Relationship Management

Which relationships are healthy for your soul?

What are you doing about the toxic relationships?

A photograph of a beach at sunset. The sky is a mix of orange, pink, and purple, with the sun low on the horizon. The beach is sandy and has some sparse vegetation. The text is overlaid on the right side of the image.

As you get older you really just want to be surrounded by good people. People that are good for you, good to you and good for your soul.



# Energy Management



How are you managing your energy from the time you get up to the moment you go to bed?

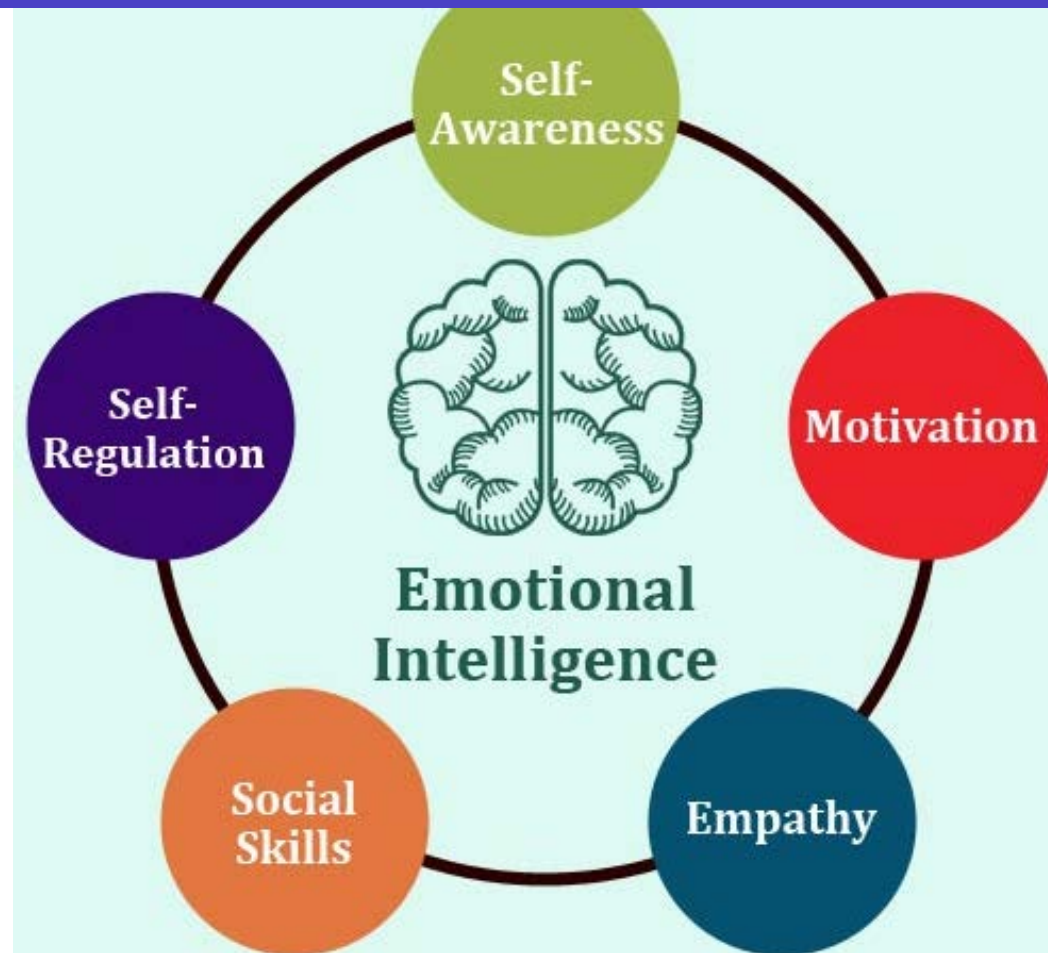
# Calendar Management



How are you making your calendar work for you?

# Emotional Intelligence

What are you doing to manage your emotions better?



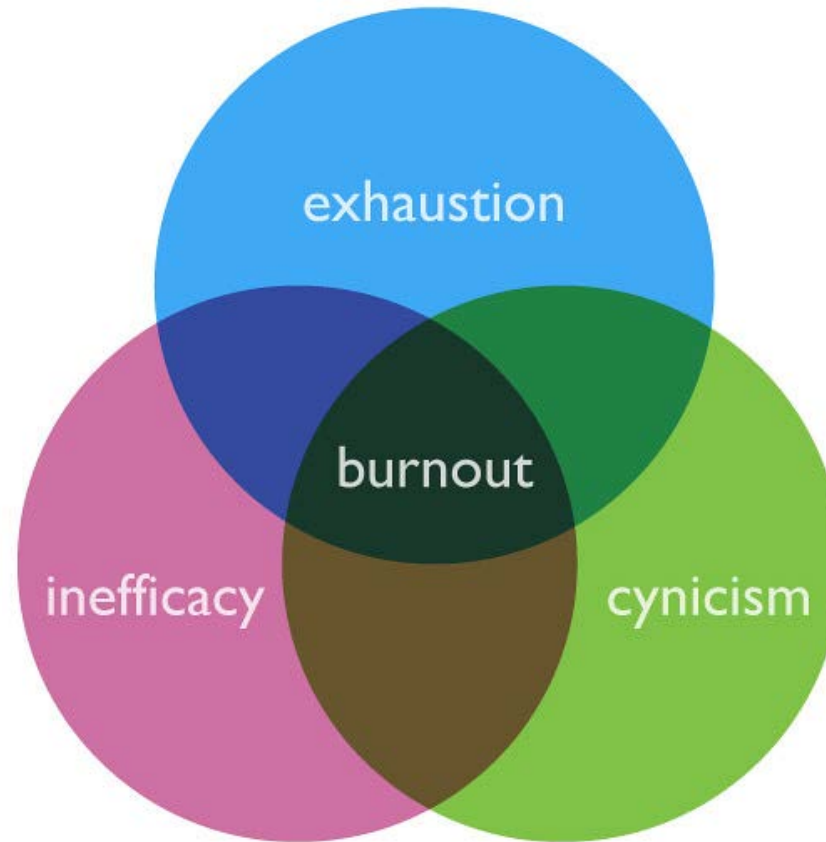
# Signs of Mental Exhaustion

- Angry or impatient
- Can't get work done
- Zone out
- Make more mistakes
- Don't sleep well
- Don't want to wake up
- Do unhealthy things
- Feel depressed
- Worry a lot
- Eating habits change



# Signs of Burnout

- Lack of motivation
- Bad interactions
- Inability to make decisions
- Difficulty concentrating
- Negative expectations



- Feeling underappreciated
- Detaching from work
- Sense of failure and self-doubt
- Acting impulsively

# Coping Strategies

- Develop your mental immunity by accentuating the positives
- Reduce your cynicism by noticing negative thoughts, habits and routines
- Take more breaks and have productive pauses
- Get active, go outdoors and find ways to relax
- Demonstrate confidence, resilience and grit
- Forgive yourself and others
- Go slow and take incremental steps
- Work with a coach or therapist



# Personal Action Plan



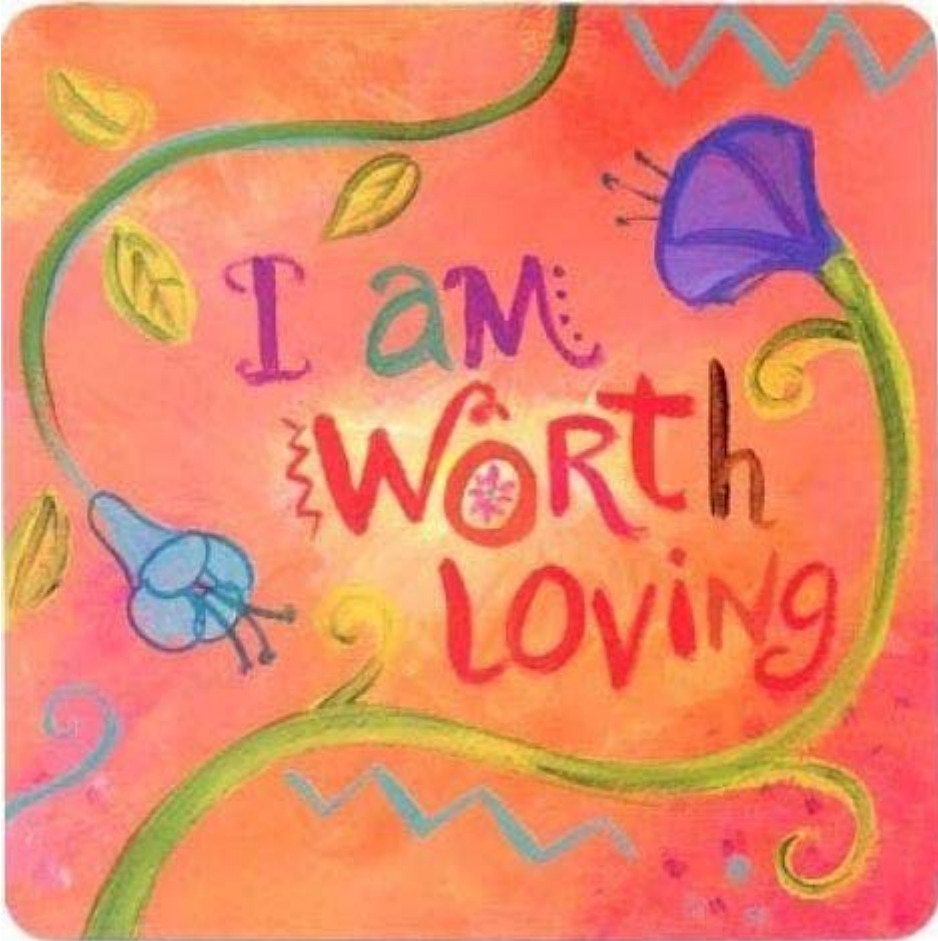
What will you start doing?

What will you stop doing?

What will you do more of?

What will you do less of?

# Final Thought



Staying in a job,  
career and/or  
relationship that is  
currently making you  
unhappy is very, very  
likely to continue to  
make you unhappy.





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**You are your #1 priority!**

