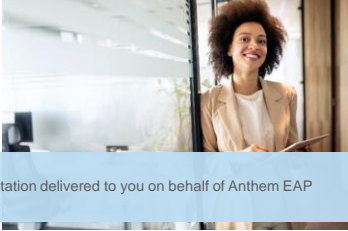



Manager's Guide to Self-Care



A presentation delivered to you on behalf of Anthem EAP



1

Why?

- Have the most energy possible; build resiliency
- Support our immune system
- Prioritize psychological health (as important as physical health)
- Improve our ability to help others
- Increase our ability to handle challenging times
- De-bunk the martyr syndrome
- Avoid "Crash and Burn"

2

Where Does the Stress Come From?

- Uncertain times
- Upper management
- Direct reports and coworkers
- Clients & customers
- Continuous organizational change
- Families
- Economy
- Our own goals/dreams/aspirations
- Lack of resources & skills to deal with stressors

3

Challenges

- Time management issues
- Prioritizing ourselves
- Breaking negative habits
- Building positive habits
- Life is fragile
- Feeling overwhelmed



**What is your biggest challenge?

4

4

How and When

- Every morning
- Every day
- Role-model
- Holistic approach
- Try new and different ways

5

5

Action Plan

First Step

- What are you willing to do?
- Experiment, fail, try again
- Resources / Apps
 - ▢ My fitness pal
 - ▢ Sleepwatch
 - ▢ Calm
 - ▢ Happify
 - ▢ Headspace
 - ▢ Strava
 - ▢ Peloton

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Sleep



- Same routine every night
- How many hours?
- Restful sleep
- Sleeping heart rate dip
- Sleep rhythm
- Sleep disruption
- Try to rise at same time each day

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7

Exercise

- Walking
- Running
- Swimming
- Weights, resistance work
- Tennis, golf, pickle ball, cycling,....
- Group fun: soft ball, volleyball, etc.



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Eating



- Become a student of food and food preparation
- Daily and weekly plan
 - Food shopping
- Healthy body weight
- Variety of nutrients
- Importance of fiber, protein, carbohydrates, fat
- Experiment with diets, plans, traditions, recipes, spices, cooking
 - Take a cooking class

9

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Psychological Self-Care

Negative Emotions	Positive Emotions
<ul style="list-style-type: none"> • Loneliness • Rejection • Failure • Anger 	<ul style="list-style-type: none"> • Joy • Serenity • Calm • Happiness

10

10

Mindfulness and... What Else?

- Power of silence
- Power of guided imagery
- Power of relaxation
- Power of music
- Power of laughter
- Power of outside/grounding
- What is your power?

11

11

Evaluation

Survey QR Code

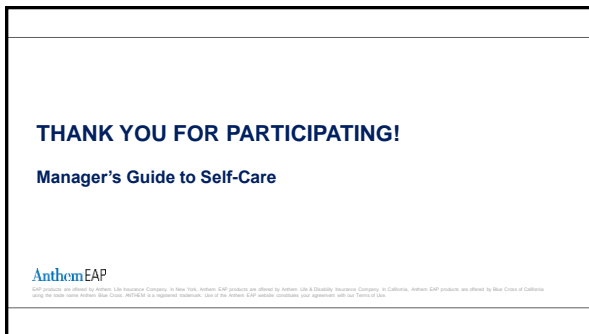


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