



DAY 3 – 12:30PM-12:45PM PDT

READY TO LEAD:

# SELF-CARE FOR RESILIENT LEADERSHIP

# **Self Care for Resilient Leaders**

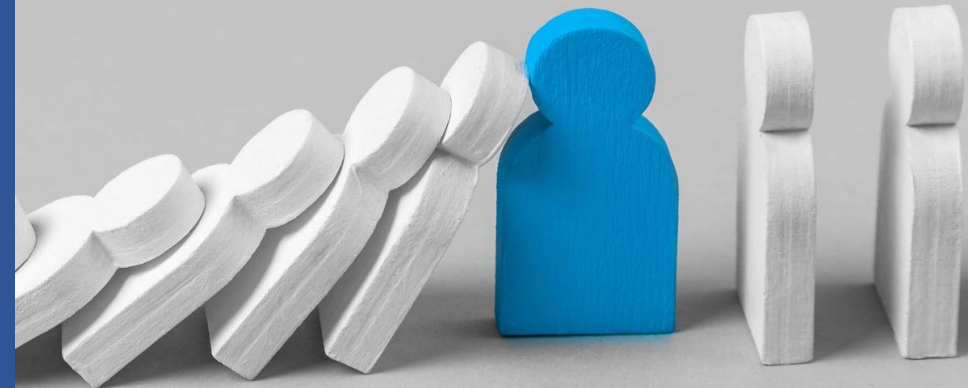
**Presented by: Debbie Pearmain, One Stop HR**

# Current State

- Mental health is the leading cause of LTD worldwide
- Costs the economy 79.9 billion 2021
- 500,000 Canadians off work each week
- 1-3 people impacted
- Only 1/3 of those get the help they need
- EAP usage rates 6.9%- 12%
- 59% of employees stressed and burnt out

-Harvard Business Review, Conference Board of Canada, World Health Organization

“Resilient leaders have the ability to sustain their energy level under pressure, to cope with disruptive changes and adapt. They bounce back from setbacks.”





# 3 Steps to Wellbeing



1. Self Awareness



2. Self Management



3. Self Advocacy

# Checking In....

- **Where is your resilience today- on a scale of (1-10)**
  - POSITIVITY
  - ENERGY
  - MOTIVATION/ENGAGEMENT
  - ACHIEVEMENT
  - RELATIONSHIPS/SUPPORT
  - ENGAGEMENT
    - What adds to your resilience?
    - What takes away from this?
    - What area of resilience do you want to develop?

# Resiliency Skills



**POSITIVE  
MINDSET**



**EMOTIONAL  
INTELLIGENCE**



**SELF CARE**



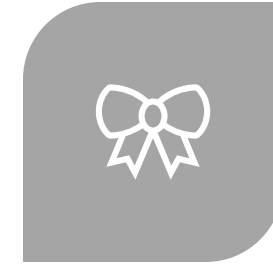
**SELF ADVOCACY**



# Positive Mindset



**REFRAMING:** LEARN TO SEE THINGS POSITIVELY, FACTUAL, CURIOUS, HOPEFUL



**GRATITUDE:** THINK OF THINGS TO BE GRATEFUL FOR



**COMPASSION:** INCREASE EMPATHY FOR SELF AND OTHERS

# Emotional Intelligence



**SELF AWARENESS**



**SELF MANAGEMENT**

# Self Awareness

1

Keep a daily or weekly feelings journal

2

Set aside time regularly for self reflection

3

Don't judge your feelings as good or bad

4

Seek to understand where your feelings are coming from

5

Get to know who or what triggers you

6

Strategize ways to better manage your triggers

# Emotional Regulation



# Self Management = Self Care



DAILY WAYS TO MANAGE  
STRESS



WEEKLY  
HABITS/STRATEGIES



YEARLY HABITS

# Self Management

Breathe

Meditation

Yoga

Rest &  
Down Time

Hobbies

Time with  
Friends

Have some  
fun/laugh

Exercise

Sleep

Nutrition





# Checking In.....

- How are you feeling today?
- What adds to your positivity?
- What takes away from this?
- What can you do to help yourself move through these feelings?
- Who can support you?



# Self Advocacy= Support Systems

Coworkers

Family

Friends

HR

CMHA

Stress and  
Anxiety Clinic

Counsellors,  
coaches

Doctors

# Action Steps

**What's one thing you learned today that you can commit to to help improve your own resilience?**

We are here to support you!

<http://www.onestophr.ca>

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Thank You