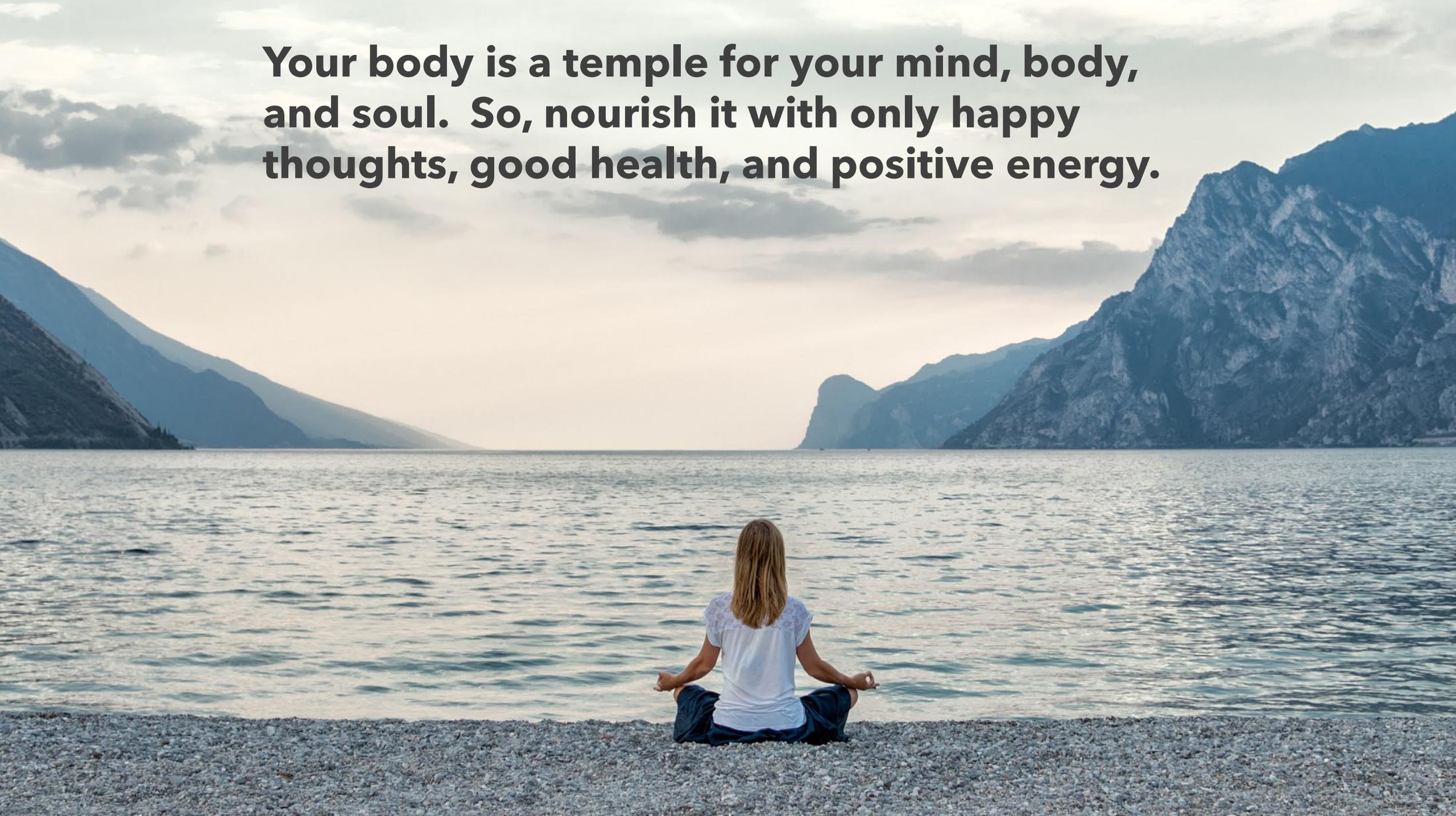


**Your body is a temple for your mind, body,
and soul. So, nourish it with only happy
thoughts, good health, and positive energy.**



Leadership Self-Care



TOGETHER WE RISE

LEADERSHIP DEVELOPMENT PROGRAM



Rules of the Room



Take off Judge Judy hat
Put on Curious George Mindset



Respect other people's growth journey
Don't share other people's personal stories



Avoid the stress of multi-tasking
Embrace this 90 minutes to focus on your growth

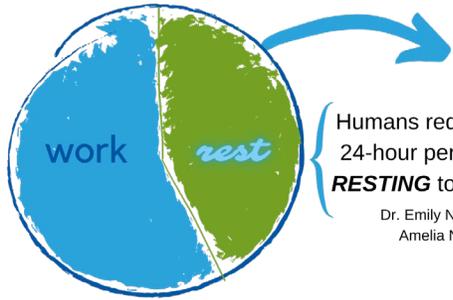
Leadership Development Plan (LDP) Support

1. Choose a 20-minute timeslot via Calendly:

<https://calendly.com/nicoleperrotta/rise2021-ldp-support>

2. Please come to our session **prepared** with questions and/or talking points to ensure we maximize our time together.

3. Dates from now - July 30th.



Humans require 42% of any 24-hour period to be spent **RESTING** to avoid burn-out.

Dr. Emily Nagoski, Ph.D., & Amelia Nagoski, DMA

The Self-Care Pledge

"I give myself permission to provide my mind, body and emotions the rest they need to live my most fulfilled life."



My Self-Care Plan

When I need... *I will ...*

Energy	
Rest	
Confidence	



What does

SEELE
Seele

mean to you?



SELF

care

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

How much does STRESS affect our overall health?

a lot

a little

**not
much**



The Statistics of Stress

- 77% of people experience stress that affects their physical health
- 73% of people have stress that impacts their mental health
- Stressed-out employees spend **46% MORE** on health care
- 90% of visits to the doctor's office can be linked to stress



SELF

care

... the practice of taking an active role in protecting one's own well-being and happiness, *in particular during periods of stress.*



Stress is simply the body's response to changes that create taxing demands.



A **diamond** is just a piece of **charcoal** that handled stress exceptionally well.



Corporate Bytes

Eustress

aka POSITIVE STRESS

- Motivates, focuses energy.
- Short-term.
- Perceive within our coping abilities.
- Feels exciting.
- Improves performance.





Distress

aka NEGATIVE STRESS

- Causes anxiety or concern.
- Short- or long-term.
- Perceived outside our coping abilities.
- Feels unpleasant.
- Decreases performance.
- Can lead to mental & physical problems.





EUSTRESS

A diamond is just a piece of charcoal that handled stress exceptionally well.

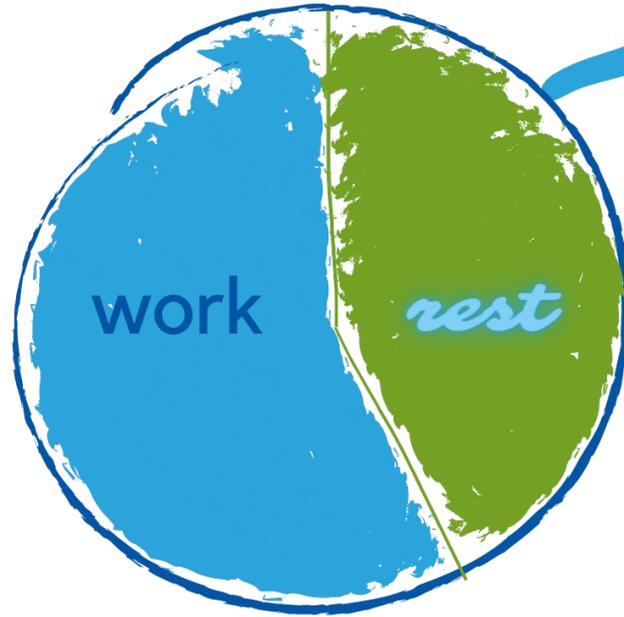
DISTRESS



SHARE
Share

IS NOT SELFISH





Humans require 42% of any
24-hour period to be spent
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Dr. Emily Nagoski, Ph.D., &
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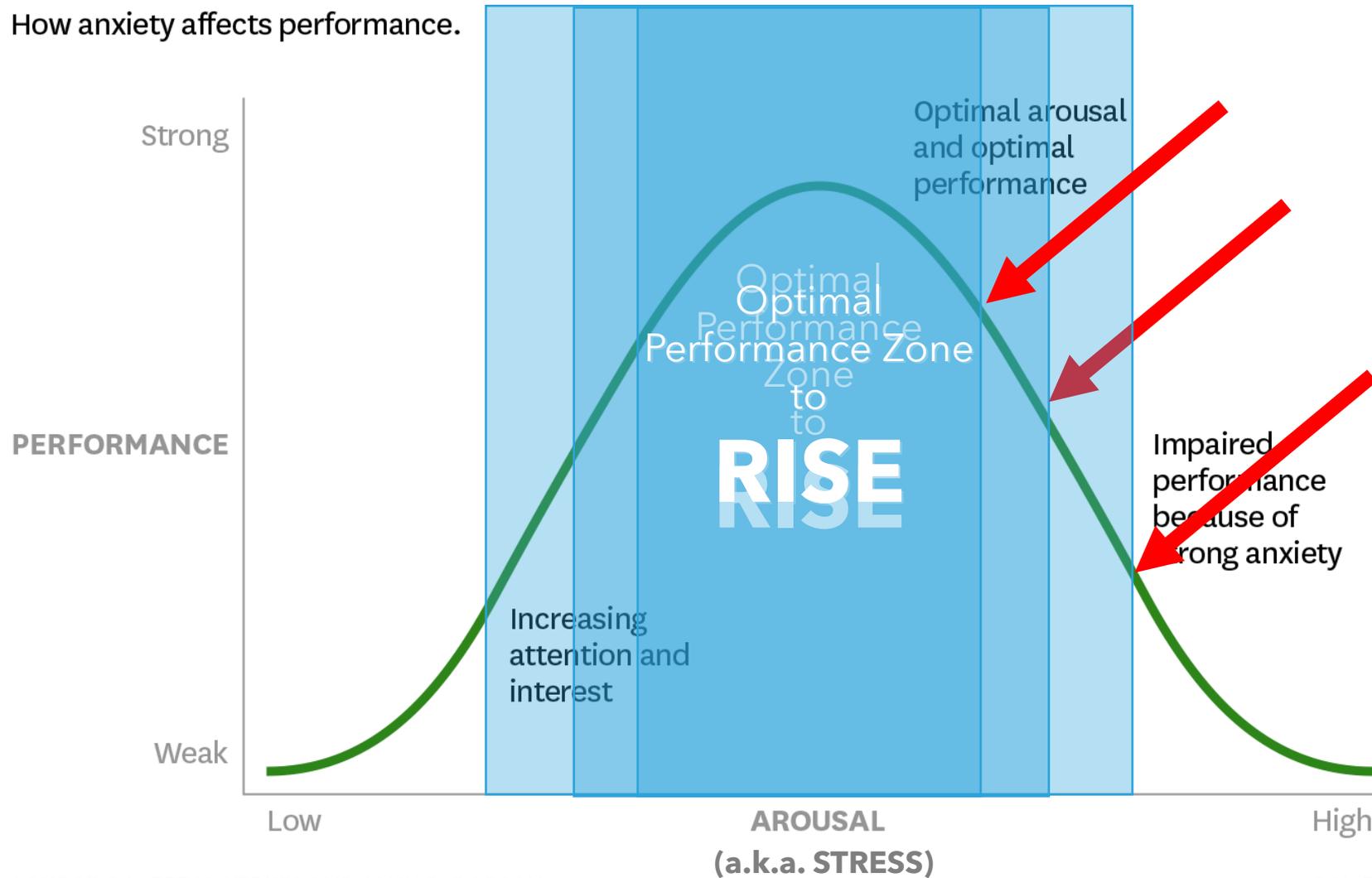
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"I give myself permission to provide my mind, body and emotions the rest they need to live my most fulfilled life."



The Yerkes-Dodson Law

How anxiety affects performance.



SOURCE ROBERT M. YERKES AND JOHN D. DODSON

© HBR.ORG

Optimal Performance Zone (OPZ) Plan

Positive Daily Habits Plan

What activities am I committed to practicing daily to living inside my OPZ?

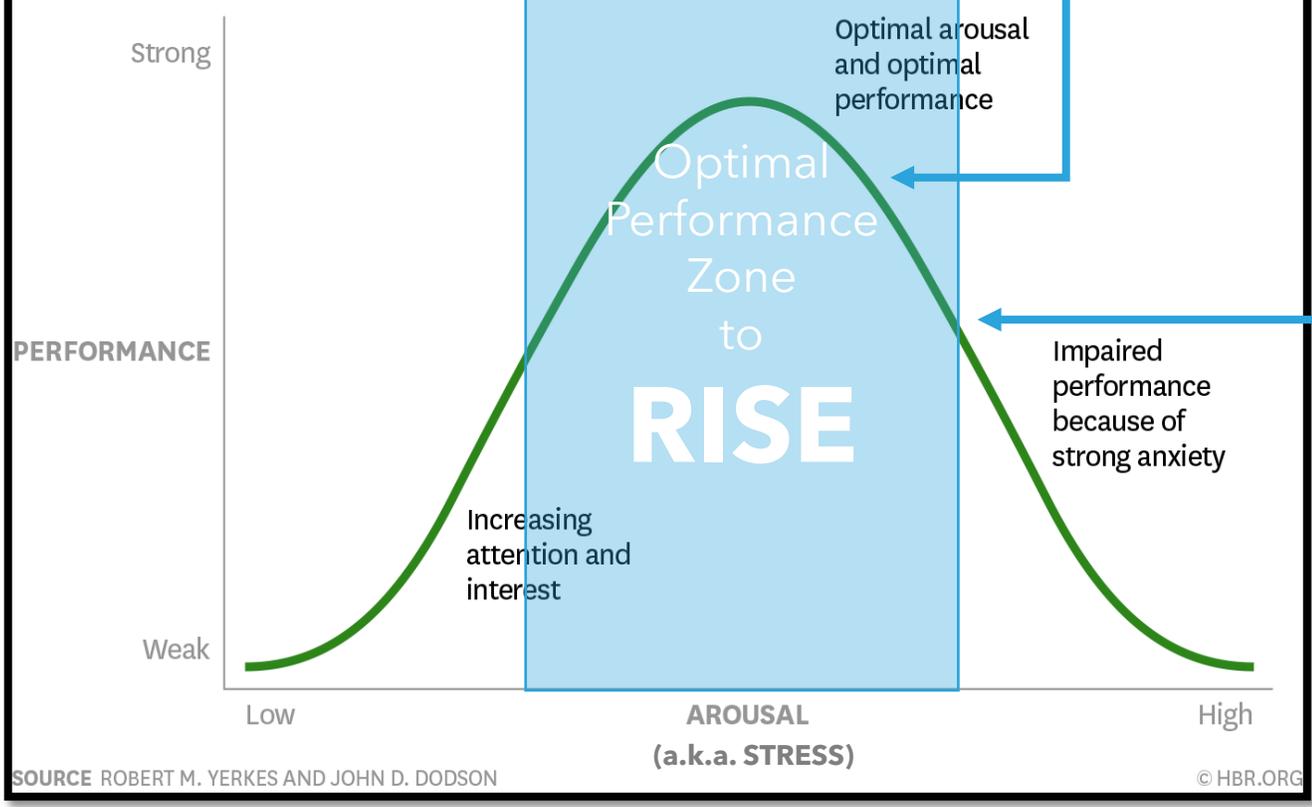
Acute Onset Stress Plan

What action(s) will I take to shift out of my over-stressed state and shift into my OPZ?



The Yerkes-Dodson Law

How anxiety affects performance.



What can I do to **stay** within my Optimal Performance Zone (OPZ)?

Positive Daily Habits Plan

What can I do **when I'm outside** of my Optimal Performance Zone (OPZ)?

Acute Onset Stress Plan

Optimal Performance Zone (OPZ) Plan

Positive Daily Habits Plan

What activities am I committed to practicing daily to living inside my OPZ?

Walk 3x/week for more than 20 minutes (preferred 40 minutes)
Meditate daily while diffusing my favorite essential oil blends
Write in my gratitude journal each night before going to bed
Take my Supplements daily.

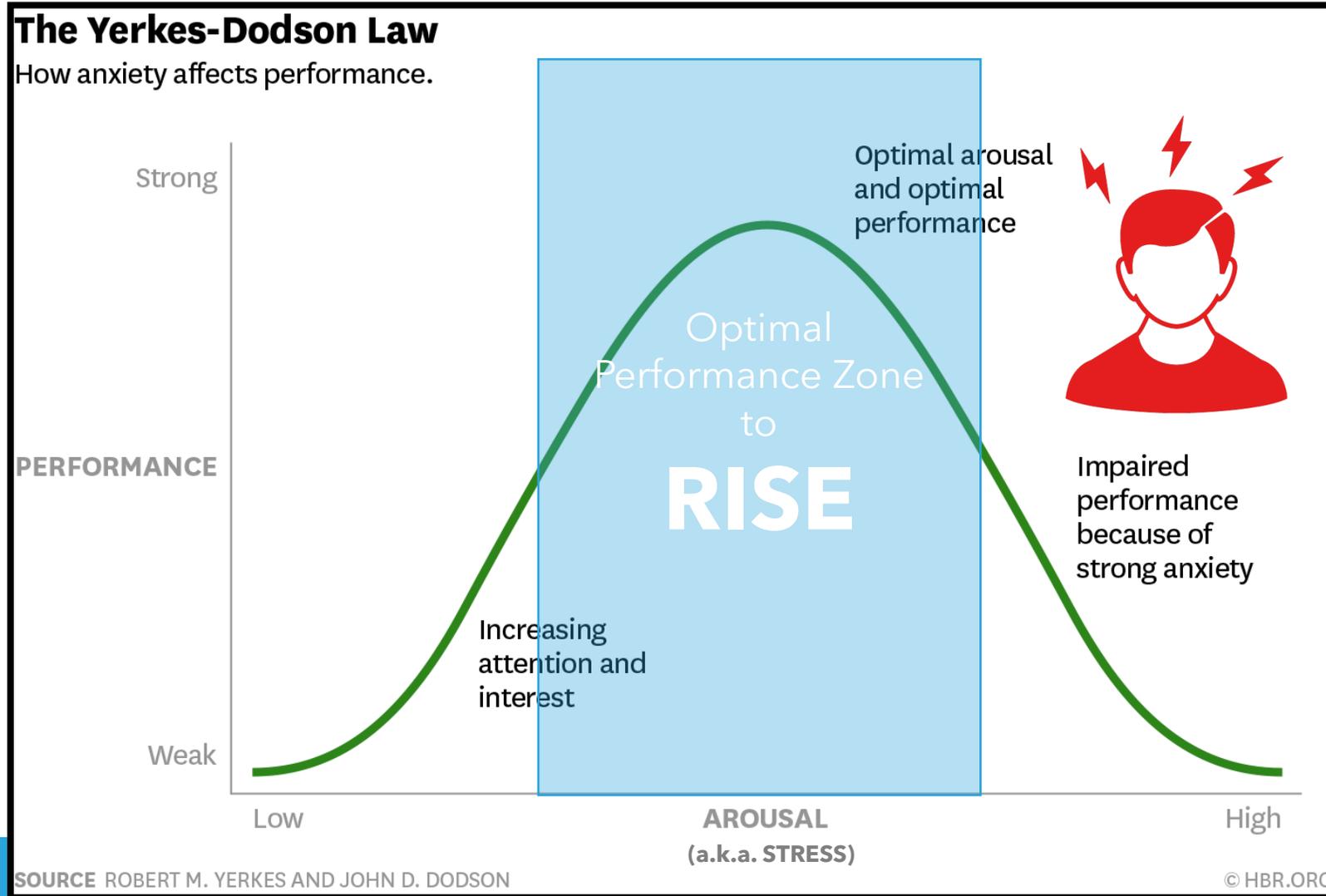
Acute Onset Stress Plan

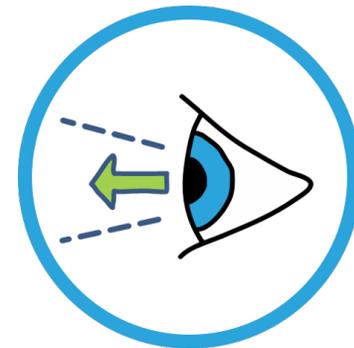
What action(s) will I take to shift out of my over-stressed state and shift into my OPZ?

2-minute Anxiety Meditation with Island Mist or Speaker Blend Diffusing
Bath with Epsom Salt and Lavender Oil while playing my CALM or RISE playlist
40-minute walk - weather permitting
Hug anyone in my family
Talk with my husband
Send a positive note, email or text to someone that's on my mind
Search for funny or cute animal videos
Practice my 4-count breathing



Acute Onset Stress Planning

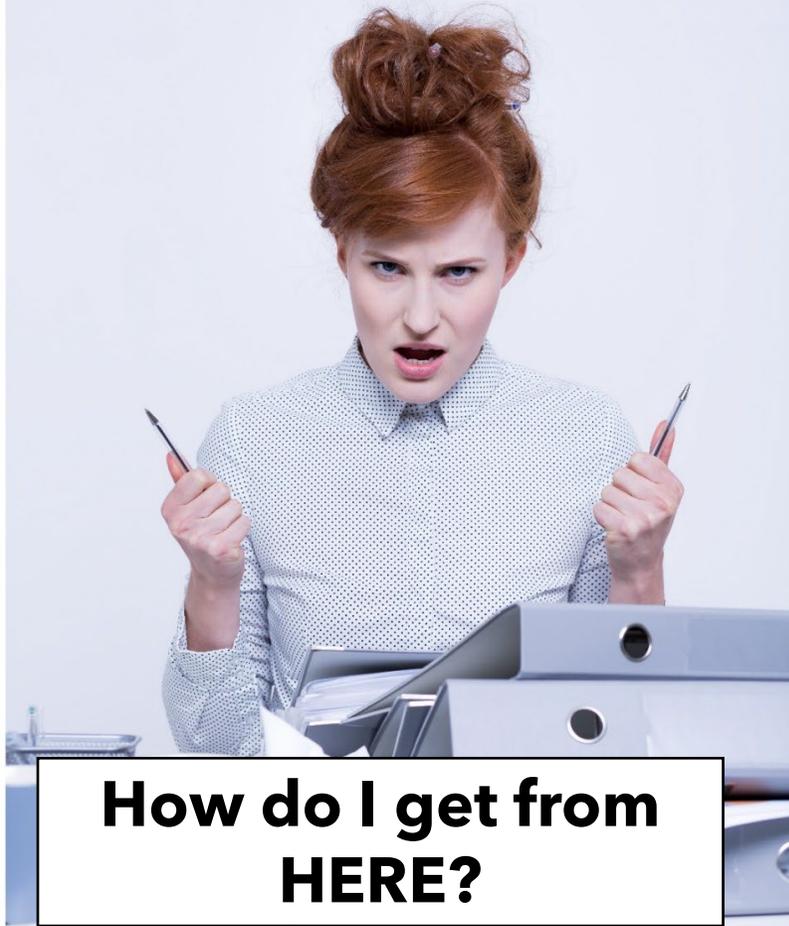




How do you
know when you
are too stressed?



STRESSED



**How do I get from
HERE?**

CALM



...to THERE?



SHIFTING OUT OF STRESS



STEP 1: Identify the source of the stress
(*the feeling behind the stress*).

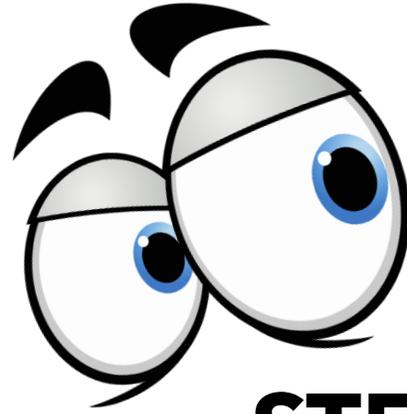
STEP 2: Recognize that this feeling will inevitably change.



STEP 3: Answer: "What will it look like when I am no longer in this state?"



STEP 4: Take action to move toward a positive state.

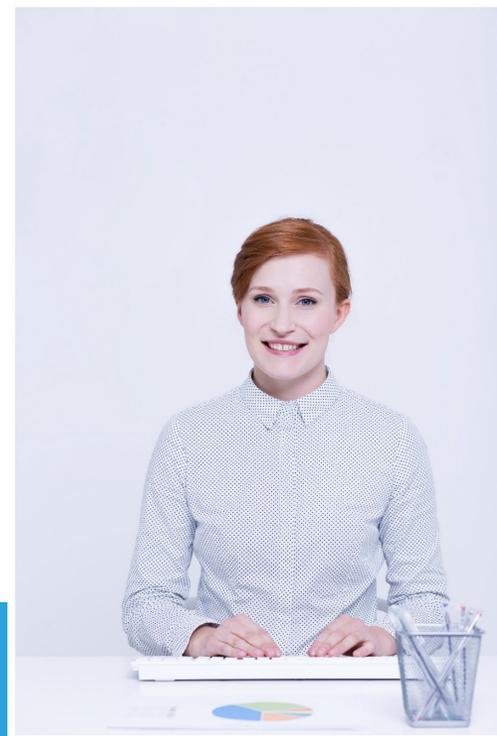
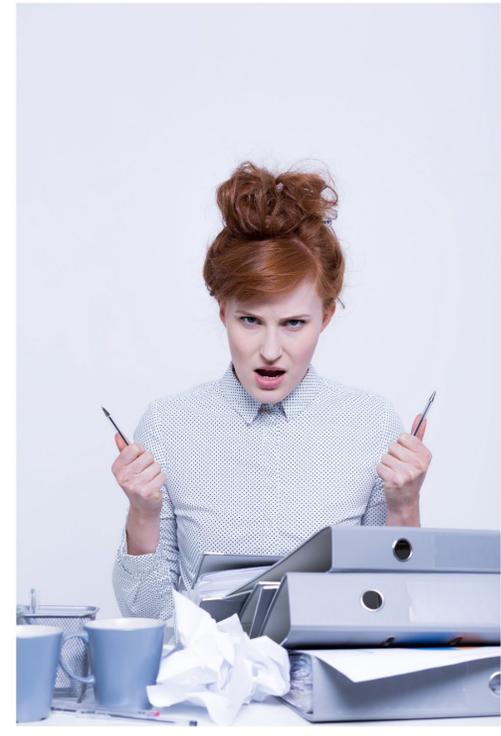
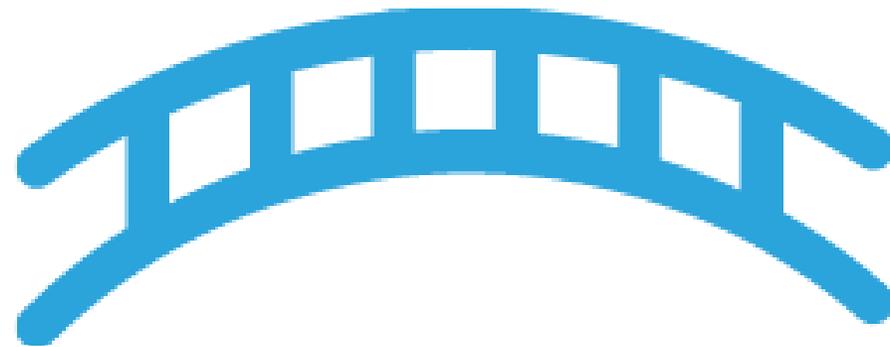


STEP 1: What is the source of my **STRESS**?



STEP 2: Recognize that this feeling will inevitably change.

STEP 3: What will it look like when I'm no longer in this state?



STEP 4: Take **ACTION**
to move toward a
POSITIVE STATE!



Top Three Stressors @ work ...and how to navigate it.

1. Anxious and/or Frazzled
2. Unfocused and/or Distracted
3. Feeling Less Than



Anxious and/or Frazzled





STEP 1: Identify the source of the stress
Anxious and/or Frazzled



STEP 2: Recognize that this feeling will inevitably change.
I accept that this anxious feeling will change.

STEP 3: Answer: "What will it look like when I am no longer in this state?"
Cool, Calm, & Collected



STEP 4: Take action to move toward a positive state.
I will practice mindfulness.

EXAMPLE: Feeling anxious or frazzled at work



**Distressed
State**



**Positive
Eustress
State**

Each Exercise

- Positive Psychology Techniques to walk across Bridge
- NLP Technique to anchor the positive, eustress state



Mindfulness is a mental state achieved by focusing one's awareness on the present moment, *while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.*

BE
mindful



Cool, Calm & Collected Affirmations

- I have let go of any need to be perfect.
- I am confident about solving life's problems successfully.
- I remain calm, regardless of the situation.



Unfocused and/or Distracted

A woman with long dark hair, wearing a dark business suit, is seated at a desk in profile, looking towards the right. Her hand is resting on her chin in a thoughtful or listening pose. In front of her is a laptop. On the desk, there is also a light blue calculator and some papers. In the background, a man in a dark suit and tie is seated at another desk, looking towards the left. The background is slightly blurred. The entire scene is framed within a circular vignette with a white border.



STEP 1: Identify the source of the stress
Unfocused and/or Distracted



STEP 2: Recognize that this feeling will inevitably change.
I accept that this distracted feeling will change.

STEP 3: Answer: "What will it look like when I am no longer in this state?"
Energized and Focused



STEP 4: Take action to move toward a positive state.
I will access the YES within me!

EXAMPLE: Feeling unfocused or distracted at work



YES Exercise

RISE Leader Instructions

- Stand or sit upright in your chair
- Place your hands together in prayer position
- Follow Nicole's Lead as you
 - Begin by slowly rubbing hands together
 - Quietly say "YES" to Nicole's cadence
 - Slowly increase speed of hands and volume of YES, following Nicole's cadence
 - Crescendo into a final, loud "WOAH!!!!" while throwing hands in the air

NOTES:

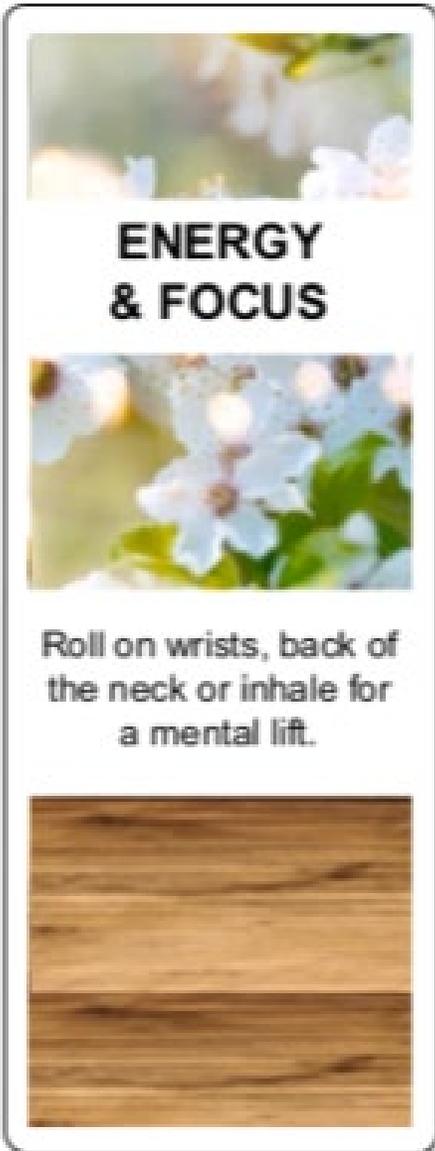
- If you are at home and your "co-workers" want to join in...Invite them!
- If you are in an office and cannot be loud, follow along quietly.



Access your Inner YES!

Energized & Focused Affirmations

- I always wake up feeling refreshed.
- I have an abundance of energy.
- I accomplish anything I focus on.





UNWORTHY



STEP 1: Identify the source of the stress
Less than and unworthy.



STEP 2: Recognize that this feeling will inevitably change.
I accept that this unworthy feeling will change.

STEP 3: Answer: "What will it look like when I am no longer in this state?"
Empowered that I am enough



STEP 4: Take action to move toward a positive state.
I will mindfully reflect on my unique value and accomplishments.

EXAMPLE: Feeling less than or unworthy at work

Mindful Reflection

Reflect on my day

What did I do today that was amazing?

Reflect on the past month of my life

What result am I most proud of?



Reflect on the past year of my life

What did I do that excited me, empowered me and generated joy in my life?



Self-Worth Affirmations



I'M ENOUGH



Roll on wrists, throat
or back of the neck to
embrace the value you
bring to the world.



- I am talented and intelligent.
- I love myself deeply and unconditionally.
- I have enough. I do enough. I am enough.

Leadership Work



Based on these lessons, my goal for the next two weeks is...

Examples:

RISE LEADER A: For the next two weeks, I will bring awareness to the telltale signs that I am moving outside of my Optimal Performance Zone (OPZ) so that I will know when to implement my OPZ Acute Onset Stress Plan.

RISE LEADER B: I will complete my OPZ by Friday July 9th and share with my AP at our next meeting Monday July 12th.

RISE LEADER C: I am experiencing a season of high stress. I will practice using the 4 steps to shifting out of stress when I feel overwhelmed and anxious. To support me staying inside my OPZ, I spent 10 minutes of quiet mindfulness and 5 minutes writing in my Gratitude Journal each night before I go to bed.

What's Next?

Living the I'm Enough Lifestyle



Your HEALTH is
your greatest
WEALTH.



