

Self Care in the Moment



OVERVIEW

- Manage your vitality
- Connect to what energizes you
- Practice the skills while you work
- Set your own energy around others

MANAGE YOUR VITALITY

In what specific situations do you feel the most drained, stressed or contracted at work?

Experiential exercise reflection – Contract and expand

CONNECT TO WHAT ENERGIZES YOU

What gets you energized about your work?

What are your personal sources of vitality? (Your passions, purpose, calling, spiritual or religious beliefs, nature, family, friends, inspiring role models)

Experiential exercise reflection – Connect to what energizes you

PRACTICE THE SKILLS WHILE YOU WORK

What cues or reminders will you use to expand and connect while you work?

SET YOUR OWN ENERGY AROUND OTHERS

When do you feel most influenced by others at work? (Positively or negatively)

Experiential exercise reflection – Separate and set your emotions and energy

What do you want your team to be like? How can you help each other as a team to be happy and resilient to stress?

WHAT IS YOUR TAKE-AWAY?

What's your biggest take-away from this session?

*"Our bodies change our minds,
our minds can change our
behavior, and our behavior can
change our outcomes."*

~ Dr. Amy Cuddy

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