SELF CARE?

ESCAPE

INDULGENCE

OVERCOMMITMENT
A SIMPLE EXERCISE

Get comfortable.
Notice your breath.
As other thoughts or sensations come to your attention, notice them and refocus on your breath.
BIG MYTHS
Myth 1

With enough discipline, you can create and sustain a balanced life.
Myth 2: Successful people do the same set of practices everyday, and so should you.
Myth 3

The best people keep a positive attitude at all times.
BREATH ACTIVITY

INHALE

EXHALE
4 TENSIONS

CRISIS MANAGEMENT

SELF MANAGEMENT

EXPECTATIONS

ENGAGEMENT
CRISIS MANAGEMENT

- Concern
- Influence
- Control
CRISIS MANAGEMENT

CIRCLE OF CONCERN

CIRCLES OF INFLUENCE AND CONTROL
SELF MANAGEMENT

SELF DISCIPLINE

SELF COMPASSION
ONE SIMPLE TRUTH

Real self care requires deep self awareness.
3 SIMPLE PRACTICES

1. Train your attention
2. Set your intention
3. Study your experience
Mind wanders

Focus on breath

Awareness of wandering

Redirecting Attention
SETTING YOUR INTENTION

Focus on “how” not “what”

• How would I like to show up in this day/project/activity?
• What is needed from me to experience this day/project/activity in a way that makes me feel joyful?

Check in on your intention during transitions

• From task to task during the day
• At the beginning and end of the day/project/activity.
STUDY YOUR EXPERIENCE

5 Questions:

1. What patterns am I noticing in my thoughts or behavior?
2. What emotion am I experiencing and how do I know?
3. What triggers these patterns and emotions?
4. When do I feel most/least energized?
5. What am I noticing about how others are responding to me?
SOURCES AND RESOURCES
WFH: SELF CARE

TIAA
CLIENT LEADERSHIP DEVELOPMENT
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