Utilizing Self-Care As A Supervisor

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HOW IS SELF-CARE BENEFICIAL

• Improves Energy
• Reduces Anxiety
• Increases Happiness
• Minimizes Frustration
• Reduces Depression
• Reduces Stress
HOW MANY OF YOU HONESTLY FEEL LIKE YOU HAVE TIME FOR SELF-CARE?
POTENTIONAL BARRIERS TO SELF-CARE

• Often charged with doing more with less.
• Go to person in times of confusion, concern, or crisis.
• Middle person between progress and systematic policies/procedures.
POTENTIAL BARRIERS TO SELF-CARE

- Pulled in multiple directions.
- Serve as the point person for team members’ expressions of frustration or venting.
THINGS TO KEEP IN MIND ABOUT SELF-CARE

- Self-Care is saying no.
- Self-Care is establishing & enforcing boundaries.
- Self-Care is limiting or redefining your roles.
- Self-Care is making time for yourself.
- Self-Care is focusing on things that may feel uncomfortable (therapy).
Using A S.H.I.E.L.D. As Your Self-Care Plan Of Action
ESTABLISHING YOUR S.H.I.E.L.D.

- Separate
- Hold Space
- Identifying
- Energy
- Language
- Do Nothing
Separating yourself from stressors can be challenging as a Supervisor due to the role that you have.

Learning how to implement healthy boundaries is key to caring for yourself.

Simple tools such as Protecting The Mainland can provide a guide in doing so.
As a Supervisor or manager, you are probably looked upon to assist in problem solving, putting out “fires”, and serving as a point of contact for those in need of support.

Learning to hold space for yourself allows for your frustrations, your limitations, your concerns to be acknowledged.

Burning yourself out does not make you a good leader.
IDENTIFYING SUPPORTS

- Finding your collaborative colleagues (those trusted persons you can soundboard with).
- Your upline could serve as a pressure relief for you.
- When your upline is your major stressor, developing creative connections outside of your community.
- Finding people you can laugh with.
ENERGY MANAGEMENT

- Take note of how certain things pull on your energy throughout the day, month, or year.
  - Consider the air mattress.
  - What are those things that cause the mattress to lose more air?
  - Be mindful and prepare for busy seasons.
LANGUAGE AS A SHIELD

• Language is a simple way to shield yourself when unexpected things might arise throughout the day.

• **Examples**
  • Can we pause this conversation for a moment?
  • Let's circle back to this when I can give more attention to it.
  • Let's pick this up another time.
DOING NOTHING

• Knowing when you are not the better person to complete a specific task.
• Allowing and trusting individuals to put out “fires” they are capable of managing.
• Remembering that being as supervisor does not mean you have to have all the answers all the time.
• Allow yourself to pause before you respond.
WHAT MAKES YOUR S.H.I.E.L.D. LESS EFFECTIVE

• Increasing Workload
• Overstretching Commitments
• Primarily Focus Improving Your Functioning At Work
WHAT MAINTAINS YOUR S.H.I.E.L.D.

• Be realistic about the situation, environment, and people.
• Remember self-care is work. However, this work is designed to release, recharge, and revitalize you. OR simply balance you in the moment.
• If your S.H.I.E.L.D. seems too heavy, you may need to reexamine some things.
QUESTIONS?

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