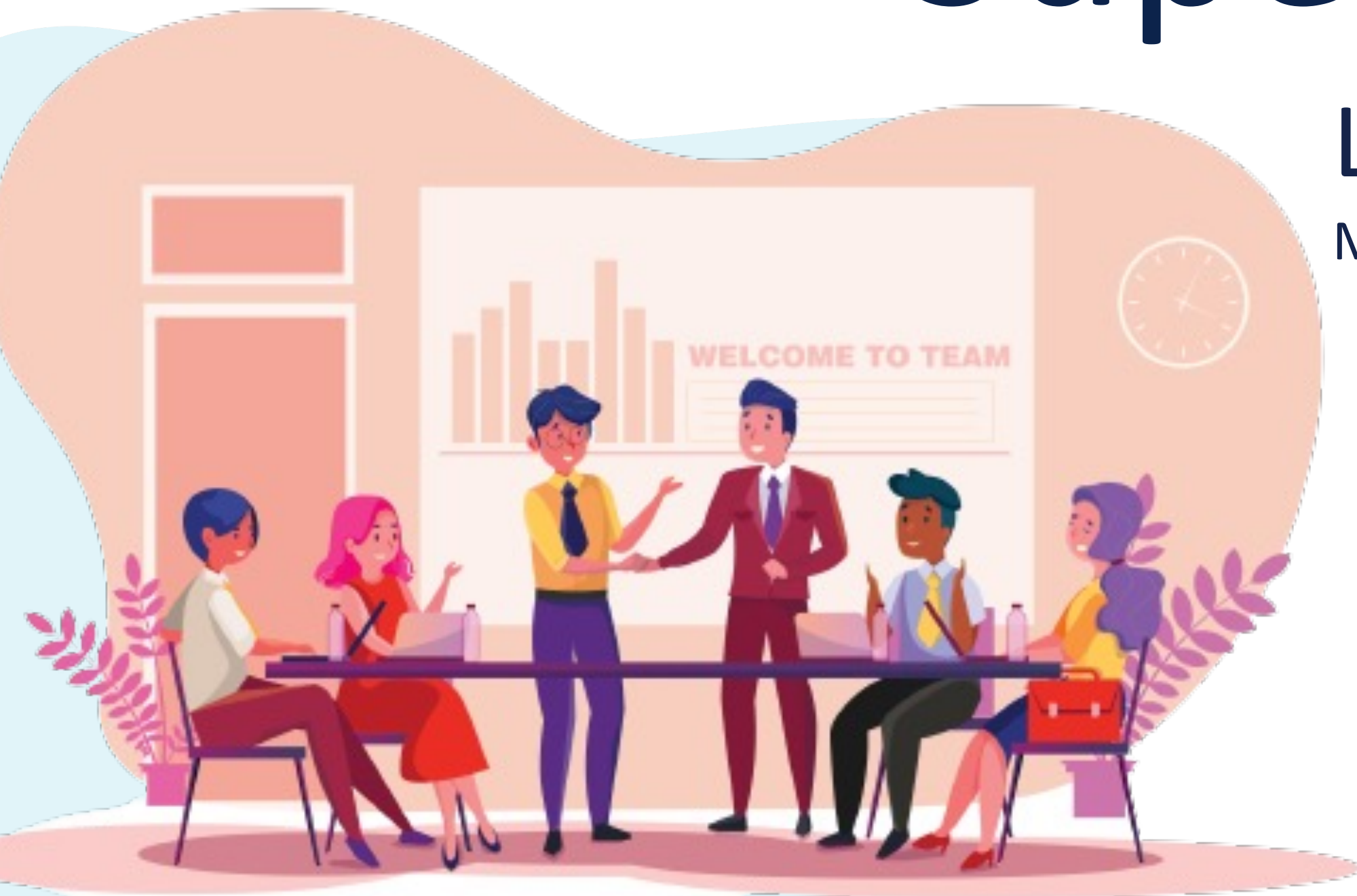


Utilizing Self-Care As A Supervisor

Laqwanda Roberts-Buckley

Mental Health and Wellness Specialist



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?



POTENTIAL 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



SEPARATE FROM STRESSORS



- Separating yourself from stressors can be challenging as a Supervisors due to the roll 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



HOLD SPACE FOR YOURSELF



- 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 acknowledge.
- 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?



Laqwanda Roberts-Buckley

Mental Health and Wellness Specialist

Call: 520.621.2493

Email: lifework@arizona.edu

Web: lifework.arizona.edu