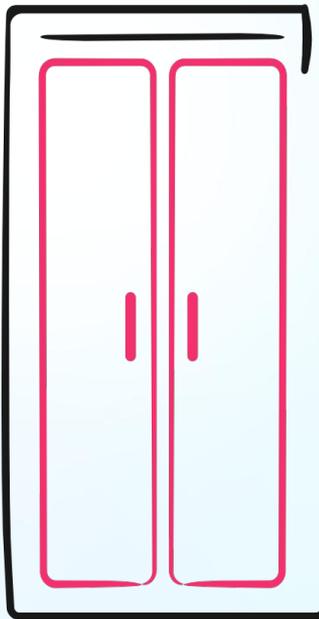


Don't Get Toasted

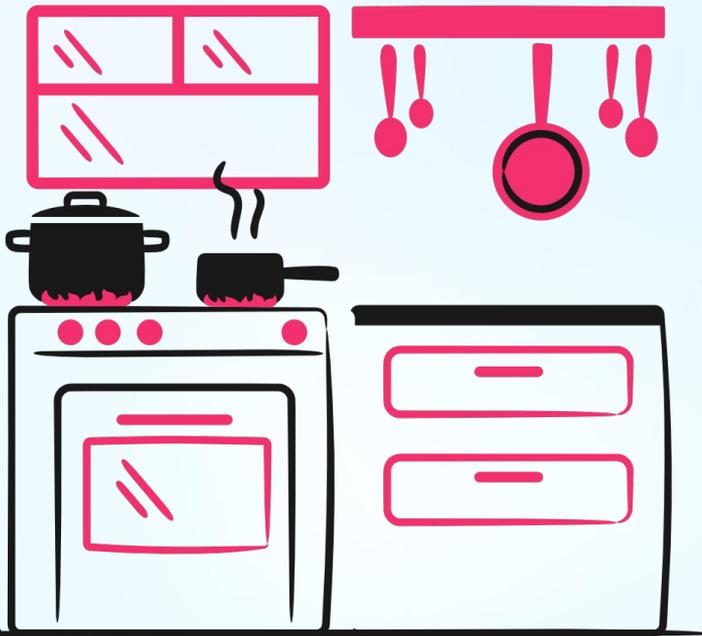
A leader's guide to **mental well-being**



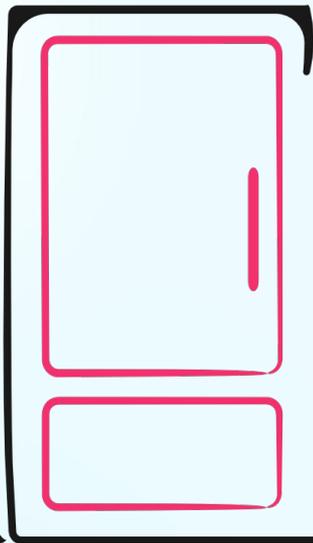
Emotional
Pantry



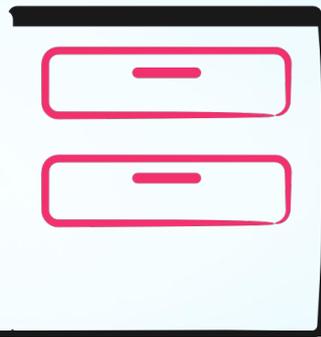
Stress
Reduction

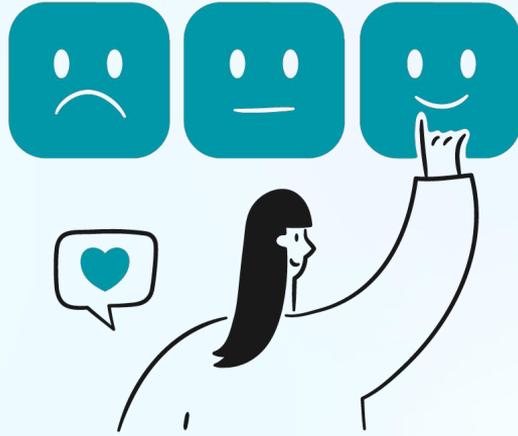


Energy
Management



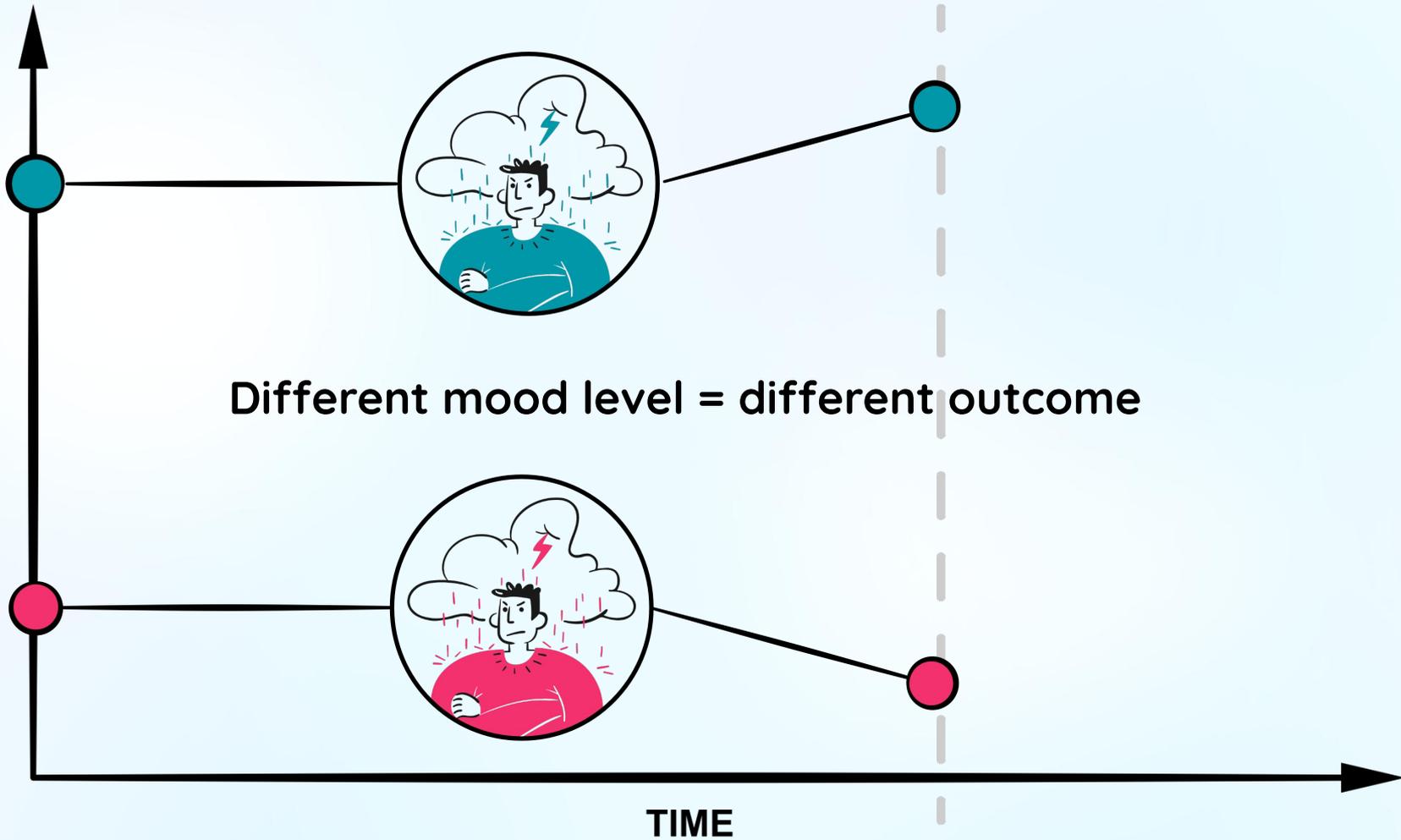
Bonus





Your **emotional state** determines if
situations **energize or drain you**

EMOTIONAL
ENERGY



TIME



Photo by [Sam Harrons](#) on [Unsplash](#)

Self-Scan

Stop

What am I feeling right now?

What do I need at this moment?

What's one small action I can take?



IMPATIENT

MOVED

CALM

TERRIBLE

PROUD

DISPLACED

PUZZLED

THANKFUL

ENRAGED

ENVIOUS



HAPPY

ANGRY

SAD

EXHAUSTED

ENGAGED

SUSPICIOUS

HOPELESS

INDIFFERENT

HAPPY

JOYFUL

ANGRY

Feelings are **information**
about needs fulfilled and
not fulfilled



COMPETENCE

JOY

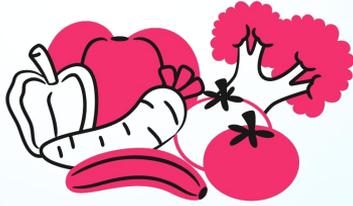
HUMOR

FRIENDSHIP

EASE

AUTONOMY

INTEGRITY



FOOD



SLEEP



SHELTER

CHALLENGE

INCLUSION

LEARNING

CREATIVITY

AUTONOMY

BEAUTY

PLEASURE

JOY

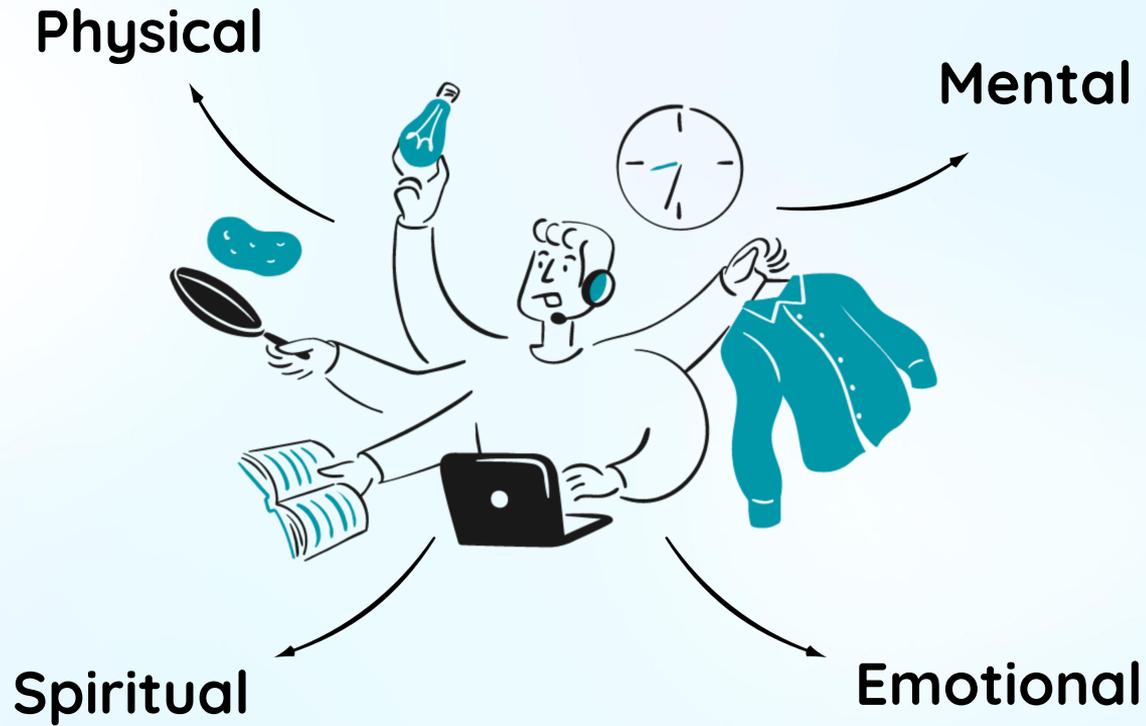
EASE

Get your needs and feelings list:

goodjob.coffee/idx3



4 Dimensions of Personal Energy



Jim Loehr, Tony Schwartz, "The Power of Full Engagement"



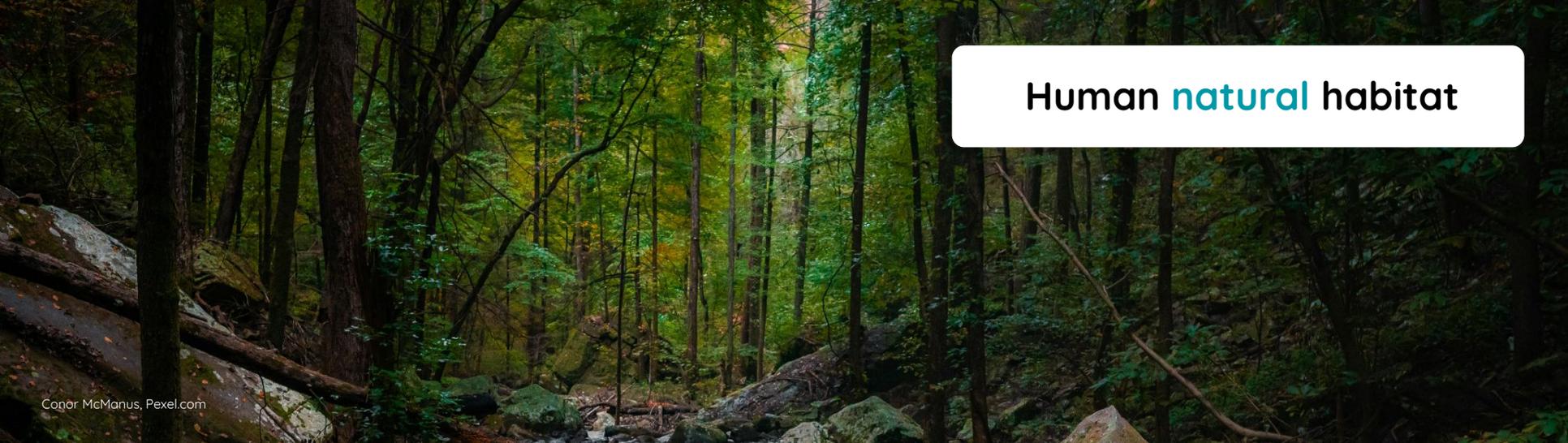
**GO FIGURE, THE
DOG'S NOT APPLE COMPATIBLE**

Find your **true** chargers



Find your **true** chargers





Human **natural** habitat

Coğor McManus, Pexel.com



What we **decided** to live in

Nout Gons, Pexel.com

Connect with nature for 2h a week

stress
& anxiety



cognitive
function



overall mood



physical
health



creativity
& inspiration



sense of
belonging
& peace



Contact with nature: start small



**Know what charges you,
and what drains you**

Handle your **drainers**

A close-up photograph of a person's lower legs and feet as they step across a stream bed. The person is wearing olive green hiking shoes with yellow accents and yellow socks. The stream bed is composed of numerous smooth, grey and brown rocks of various sizes. In the background, the water of the stream is visible, reflecting the surrounding greenery. The overall scene is outdoors and appears to be in a forested area.

Handle your **drainers**



Energy preservation sauce

1. **In chargers**, experiment and find your 3 favorite ways
2. **In drainers**, go deeper to determine specific reasons





THIS IS
FINE

A photograph of two light-colored kittens on a grey floor. The kitten on the left is standing on all fours with its tail curved upwards, labeled 'Exhale'. The kitten on the right is lying on its side with its front legs extended forward and its hind legs tucked under, labeled 'Inhale'. A portion of a brown and white striped mat is visible in the bottom right corner.

Exhale

Inhale

Kitteh Yoga

ICANHASCHEEZBURGER.COM 🐾 🍷 🐾

**Box
Breathing**

Hold

Breathe In



Breathe Out

Hold

5-4-3-2-1 Grounding Technique

4 things you
can **feel**

2 things you
can **smell**



5 things you
can **see**

3 things you
can **hear**

1 thing you
can **taste**

Dessert:
**Things I learned
from being a parent**



Read **parenting books** to
better understand humans

Don't wait for **The Big Reset**

Manage **your** energy,
not other **adults'**



Do you have
to do it **all alone?**

Or do you need
a **kitchen crew?**



Sustainable leadership recipe

1. Fill your emotional pantry.
2. Prepare energy preservation sauce (+chargers, -drainers)
3. Learn to release steam.
4. Leverage parenting wisdom. Engage your kitchen crew.



Good job!

More good stuff:
goodjob.coffee/idx3



What are feelings?