



# Self-Care in a Mission-Driven Environment



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- 20 years of human resources experience
- 6 years of experience at an all-girls boarding school
- HR leader with experience in organizational planning, compensation & benefits systems and personnel relations



# Why We Sacrifice Self-Care

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# What is Self-Care for You?

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Self-Care Builds  
Resilience, and Resilience  
is Good for Everyone.

- ✓ Exercise
- ✓ Mindfulness
- ✓ Check Lists
- ✓ Reading a Novel
- ✓ Playing with Your Dog
- ✓ Attending an Event



# Code-Switching

- ✓ Emotional Labor
- ✓ Draining
- ✓ Distracting
- ✓ De-Motivating



# Taking Space at School

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Sometimes we just need a few moments to recharge. Regular breaks can keep you feeling balanced.

- ✓ Take a walk
- ✓ Have lunch with friends
- ✓ Meditate
- ✓ Grab a coffee

# Self-Care to Support Your Work

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- ✓ Attend Events
- ✓ Have Lunch with Students
- ✓ Support Sports Teams
- ✓ Help with Bake Sales
- ✓ Offer Kindness





# Self-Care is Support for You and Your Work

What is best for the employee is usually what is best for the school. Self-care and fulfilling the mission aren't mutually exclusive.

# Treat Yourself Like I-90...

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Caring for your physical self is  
caring for your community and  
helps create a healthier  
environment for everyone.





# How a Garden Grows

- ✓ Have a goal
- ✓ Start small
- ✓ Nurture growth
- ✓ Acclimate to change slowly and intentionally
- ✓ Be able to pivot if something new isn't working out





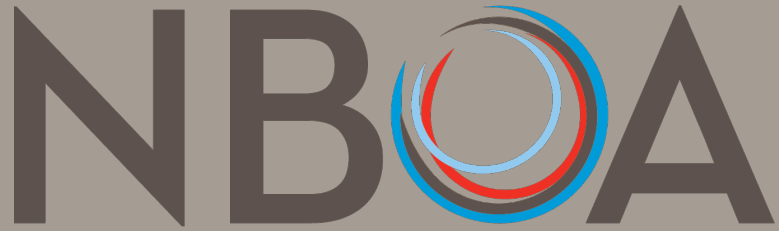
# Self-Care to Support Your Work

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You are powerful and influential,  
and you can decide if you want to be  
a positive influence or a negative  
influence.

You are in control.



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