



Self-Care from the Management Perspective

Plan for Today

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What is self-care?

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How we promote self-care at ICfL

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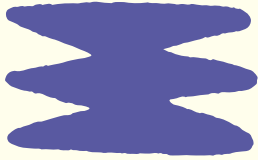
Tips for Managers

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Magic Wand Activity



Our presenters



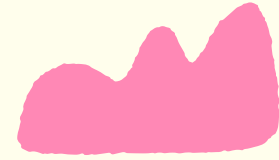
Annie

CE Consultant
Self-care advocate







Dylan

Deputy State Librarian
Manager of 6 people
Just reached lvl 40 in
Pokemon Go



Pete

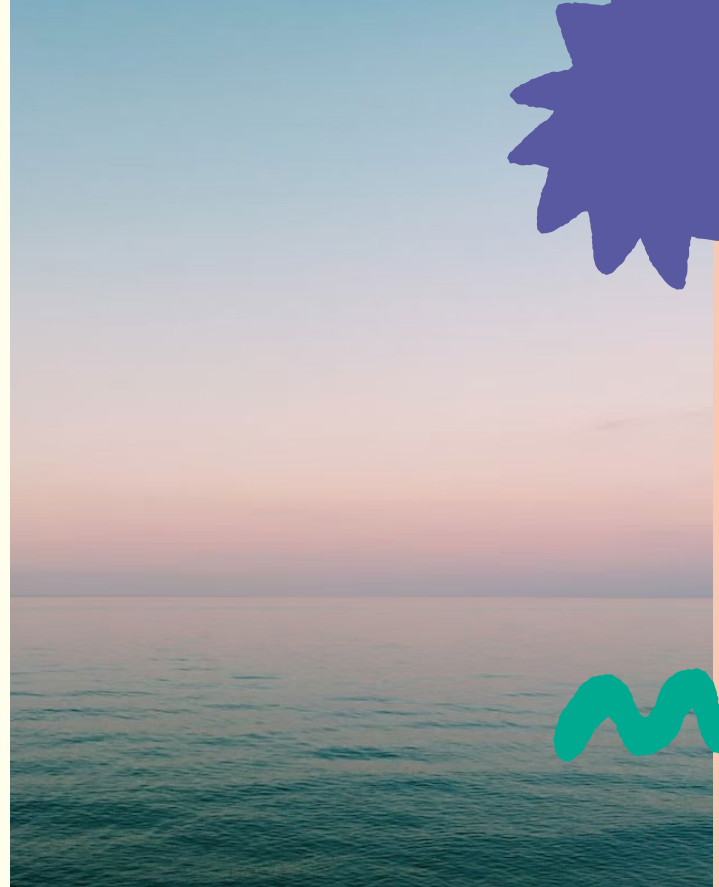

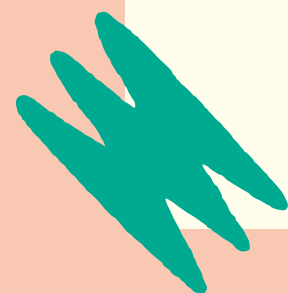
HR Specialist
Avid bike commuter





Self-care is...

not a luxury, but a
necessary tool



When we say “self-care”



Activities and practices to maintain physical, mental, and emotional well-being



Setting boundaries, building resilience, reducing stress, and improving quality of life




Not selfish! It’s an important part of taking care of yourself



Self-care from the
management perspective



Things we do at ICfL to promote self-care



Self-care tips for managers



Walking meeting

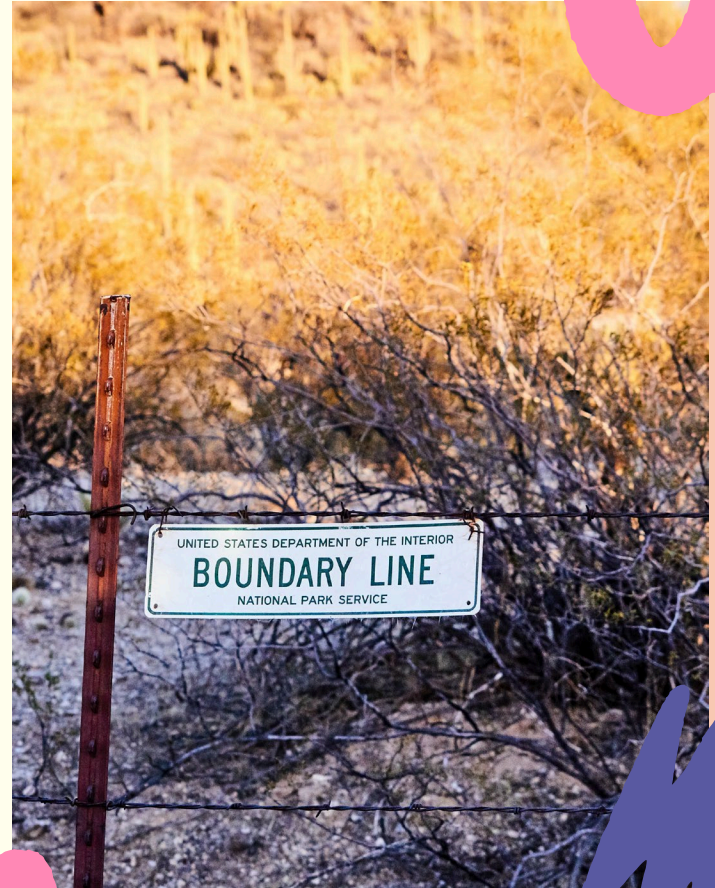
Benefits of a walking meeting:

- Get people outside
- Promote out-of-the-box thinking
- Improve mental & physical health

Encourage boundaries

Employees should know they are expected to:

- Log off and stop working at the end of the day
- Maintain a healthy work-life balance





Take real breaks

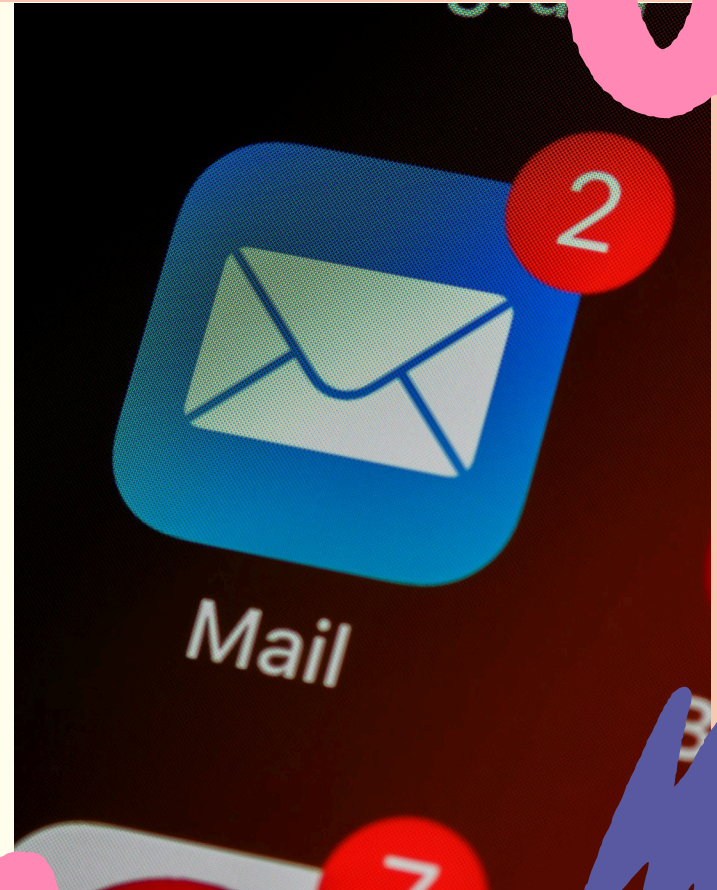
Instead of eating lunch at your desk, maybe you could:

- Take a mental break
- Get up and go for a walk
- Focus on something other than work for a short period of time

Set communication boundaries

Employees should know they are not expected to:

- Reply to an email at 11pm (unless that is during their regular working hours)





Build in pauses

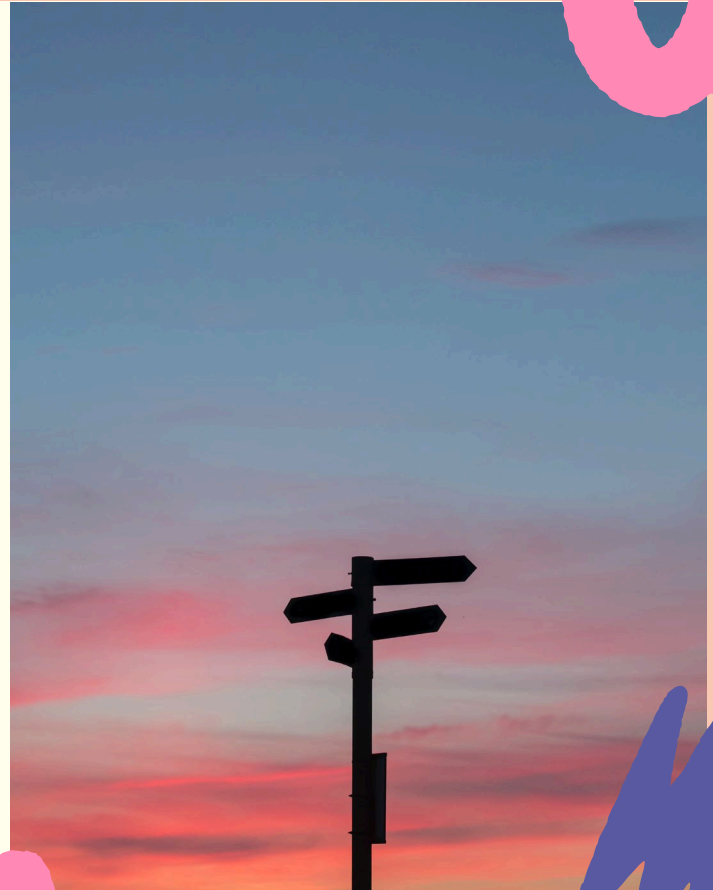
By adding small breathing spaces into the workweek, you can:

- Allow folks time to think and process optimally
- Encourage better habits
- Allow everyone to reach their full potential

Allow for flexibility

Flexibility around and during the workday:

- Prevents stress
- Allows for greater autonomy
- Adults like being treated like adults





Practice gratitude

A supportive work culture:

- Celebrates each other's wins
- Supports each other through hard times

Try wellness “check-ins”

An opportunity for staff to regularly check in and assess their own well-being.

- Report concerns to leadership
- A reason to slow down and consider how they are doing





Practice what you preach

Set a good example by:

- Living by your own self-care rules
- Making self-care a top priority



What about you?


What are some of your self-care tips? Please share in the chat.




Magic Wand Activity

What is something you love about your job?

What is an aspect of your job you do not enjoy?




What is a light lift for you at work?



What is a heavy lift for you at work?

Rewrite your job title:



If you could use a magic wand and change anything about your experience at work, what would it be?

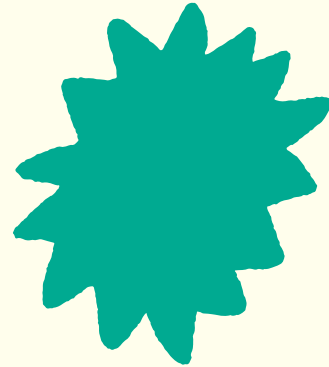
Thanks!

Do you have any questions?

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