Proactive Leadership

Self-Care & Sustainability

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October 16, 2013

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Objectives

1. Recognize the sustainability challenge facing activists & service providers.
2. Increase awareness of several forms of self-care, Tai Chi & co-powering conversations.
3. Increase awareness regarding personal self-care needs and necessary action for balance.
4. Initiate conversation about how to increase self-care practices within our groups
Introductions

- Name,
- organization,
- community,
- expectations for this workshop
Personal Well-Being & Healthy Activism

How well are you caring for your health?
Are you living so as to be effective & enjoy life?
Being Healthy

Living a life of health, happiness, meaning, balance & positive influence

1. How healthy is your life-style?

<table>
<thead>
<tr>
<th>I’m just getting by &amp; my life needs attention</th>
<th>Fairly Healthy</th>
<th>Doing Excellent!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>3</td>
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2. How long can you sustain your present pace without risking burn-out?
Our Sustainability Challenge

- Exhaustion
- Burn-Out or Compassion Fatigue
- Unsupportive Work Environment

- We are losing activists working in the fields of advocacy & community service.
- Diminished effectiveness of our activists.
- Persons not wanting to step-up to leadership.
### Wellness & Burnout

#### Wellness

<table>
<thead>
<tr>
<th>What does it feel like?</th>
<th>How does it effect:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Quality of Life</td>
</tr>
<tr>
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<td>Life &amp; Work Effectiveness</td>
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<td>Long-Term Sustainability</td>
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#### Burnout

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My Self-Care Plan: Begins with Awareness

Inspiration
What inspires me?

Purpose
What is my "soul purpose"?

Stress
What creates my stress?

Happiness
What creates joy in my life?

Tools for Self-Care
What do I use?

My Self-Care Plan
What is your life purpose or soul purpose that which you believe & feel you are uniquely here to contribute?

“Everyone has been made for some particular work, and the desire for that work has been put in every heart. Let you self be silently draw by the stronger pull of what you really love.”

-- Rumi
Inspiration

What inspires you? What motivates you to get up in the morning? To serve? To want to make positive change happen?
Stressors

What is causing you stress?
What is driving your life out of balance?

Person A asks B
“____________¿Qué le esta causando presión?
¿Qué esta empeñando su vida fuera de balance?”
Knowing What You Need

Person A asks B.

_________ what makes you healthy & happy?

_______ qué le hace sentir saludable y feliz?

Write your list: What makes me healthy & happy?

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What Makes You Healthy & Happy?

Use the circle slices to write in your needs/desires to feel happy, healthy and balance.

Rate how well you are addressing this need/desire:
3) Getting very little of what I need;
6) Getting some of what I need;
9) I regularly get what I need;
10) I’m absolutely satisfied.
Talking Circle

• Round #1. Name. What is my current work or service? What causes me the most stress? What am I learning about my personal health and sustainability? What are 1-2 things I can do to begin improving my balance & health?

• Round #2. Share any final insights or appreciations you might have for others in your group.
Given our conversations, what are the next steps to support personal self-care?
Healthy activism begins with valuing and respecting self as much as you value life and others.

Know what you need or desire to be healthy and happy; and then act to fulfill your needs.

Develop relationships for necessary talk & mutual support.
Conocimiento is communication to create connection. *Conocimiento es el comunicarse para conocernos y crear conexión.*

We practice conocimiento to create relationships, inspire and develop our mutual power. *Practicamos conocimiento para construir relaciones, levantar el animo, y desarrollar el poder compartido.*
Our Groups

How can we engage our groups in greater self-care?  Our families?  Friends?  Work groups?  Organizations?
13 Organization Practices to Support Healthy Activists/Service Providers

- Inspiring Vision
- Effective Planning
- Desired Culture
- Mutual Support
- Personal Development
- Group Reflection
- Meaningful Meetings
- Express Feelings
- Healthy Pacing
- Recognize Value
- Physical Movement
- Celebrate
- Healthy Benefits & Policies
- Support Healthy Providers
Useful Resources

Capacitar International.  [www.capacitar.org](http://www.capacitar.org) Training and teaching “body-mind-spirit” practices in over 26 countries to develop community leaders and heal trauma.


**The 7 Habits of Highly Effective People** by Stephen Covey, 1989. Particularly look at his approach for time management, “Principles of Personal Management”

**Family Activism: Empowering Your Community Beginning with Family & Friends** by Roberto Vargas, 2008.

If you desire an e-mail copy of tai chi movement for activists & care givers. E-mail to vargasrc1@gmail.com and write “Porvida Movement” on subject.
Porvida Movement

Movements to connect us with our chi energy and our fundamental human purpose—to affirm life and evolve our ability to love.

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1. What did we learn or gain?
2. What did we like?
3. Next steps or how could the training be improved?