

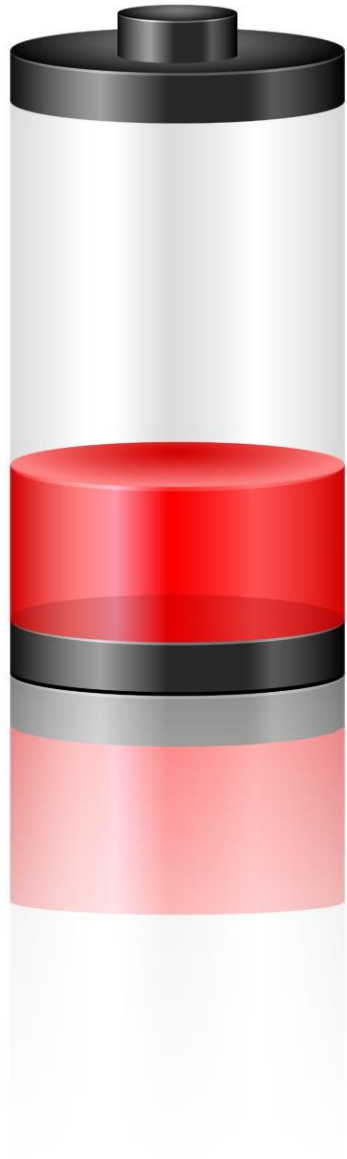


PRIORTIZING SELF-CARE + WELLNESS IN THE WORKPLACE & LIFE

An iOpening Enterprises' Professional Development Experience

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HOW TO RECHARGE WHEN DEPLETED



- ✓ Inventory common stressors in the workplace.
- ✓ Tailor workplace routines to manage specific stressors in the workplace.



HOW TO STAY RECHARGED

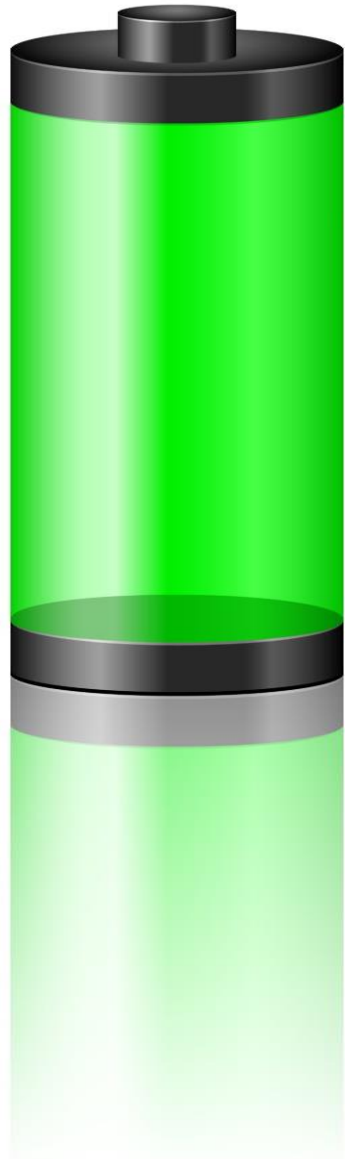


- ✓ Redefine problems and solutions using emotionally intelligent strategies that promote mental well-being.
- ✓ Develop common language that reflects a mental wellness and emotional intelligence awareness.



HOW TO MAKE RECHARGING CONTAGIOUS

- ✓ Support executives and leadership to strengthen their mental wellness.
- ✓ Identify best practices for creating a mentally well environment and bring to scale.



REFRAMING STRESS FOR HEALTH AND BUILDING SELF-CARE PRACTICES

- **Reframing** represents a mindset change that expands perspectives of stressful life events to include interpretations that help a person better manage stress.
- Adequately targeting stress involves understanding important aspects of our identity and bolstering our ability to affirm these areas.
- Strengths-based approaches used to help others can be directed toward oneself to build resilience and foster recovery.

Step Now

- ✓ Reflect on a time you were stressed and managed it in a healthy way.
- ✓ Identify 2 skills/tools you used to manage the stress.

Step Later

- ✓ Develop a self-care toolkit.
- ✓ Connect with supervisors and leadership to integrate best practices and common self-care practices into work place.



REFERENCES & RESOURCES

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