

Self-care for leaders matters! Here's why...

It is easy during **times of change, high stress, or crisis** to neglect the self-care practices that help leaders cope with challenging or stressful situations. However, it is during these times that **coping strategies are even more important** to not only reduce risk of burnout but to model those coping strategies to others.

Leaders who actively prioritize self-care help **create cultures** in which **reaching out for help** is acknowledged as a **sign of strength** and in which taking time to support and maintain personal and team well-being is not only welcome but encouraged.

Everyone's self-care strategies may look different, and leaders can experiment with what works best for them; the key is to **find what helps you thrive** and **set aside the time** to enact these strategies to support your mental health. Below are some examples of self-care strategies you may want to explore:



10 coping & self-care strategies for leaders

