



# Keeping The Super Heroes Super

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## Discussion

- How do people in your profession end up chronically stressed, burned out, negative, unhappy or with compassion fatigue?
- Why don't y'all take care of yourself?
- What would be ideal to learn?



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## Causes Of Depleted Energy

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## Identity

- Singular identity for public safety
  - Everything is about work
  - All energy in one area
- Not much left for others or self
  - Isolation, despair, depression
  - Suicide
- Loss of meaning with loss of role
  - Can create hopelessness

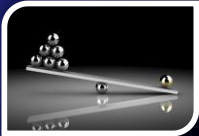


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## Why Are Multiple Identities Hard? 1,2

- All encompassing job (24/7)
- Level of responsibility
- Culture
- Physiological response
- Lack of good role models





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## Consequences Of Lacking Balance

- Disengaged/unmotivated, negative mindset
- Emotionally/physically exhausted
- Loss of empathy, compassion, investment
- Complaints (co-workers & citizens)
- Family problems/divorce
- Addiction, depression, suicide

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# Concepts & Tools

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## Energy

- Every thought, feeling & action requires energy
  - Only finite amt to expend
  - Assess at start of day
  - Be intentional about use and protect some
- Foundation of mental, emotional and physical health



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## Fill Your Bucket

- Engage in regular restorative activities (at least 10 min a day)
- Take deep breaths
- Hunt the good, find the joy & beauty
- Spend time in nature
- Positive videos, music & books
- Clean, org & declutter



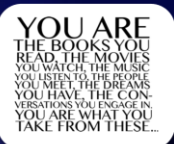


An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.

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## Mindset

- Be aware of your "diet"
  - People
  - Media, electronics
  - Books, pictures, symbols
  - Beliefs (self & others)
- Thoughts lead to emotions
  - Neurochemical addiction creates more of what you already have
  - You must intentionally & regularly practice thinking beyond your NOW
  - What are you waiting for?

YOU ARE THE BOOKS YOU READ, THE MOVIES YOU WATCH, THE MUSIC YOU LISTEN TO, THE PEOPLE YOU MEET, THE DREAMS YOU HAVE, THE CONVERSATIONS YOU ENGAGE IN. YOU ARE WHAT YOU TAKE FROM THESE...



Let your hopes, not your hurts, shape your future.  
Robert H. Schuller

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## Training Your Mind

- Perspective is up to you
  - For vs. to
  - This is only a test
  - Is this serving me?
- Mindfulness (Power of Now)
  - Most of our "now" we live in the past or future
  - Happiness is only in the "now"
  - Gratitude
  - Acceptance & focus on what you control

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## The Power Of Story

- Stories we tell ourselves, about ourselves and how we relate to the world creates our **identity (beliefs)**
- Power comes from deliberately telling a more positive story to ourselves & how we relate to external factors/people
- Change your story and everything changes (mindset, energy use, emotions, thoughts, behaviors)




YOUR BRAIN BELIEVES THE STORY YOU TELL IT.  
DOUGLAS HARTWIG

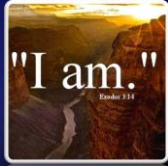
What you are living is the evidence of what you are thinking and feeling, every single time.  
Abraham Hicks

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## Examples Of A New Personal Story

- I am enough.
- Everything is happening FOR me.
- I can get through anything.
- I am blessed.
- Everything is always working out for me.
- I can be, do or have anything I want.




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## Examples Of A New World/Other Story

- Everything happens for a reason.
- The Universe is unfolding exactly as it should be.
- They are doing the best they can.
- I will find the gift & lesson in this situation.
- God's got my back.





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## What To Expect With A New Story

- Not everyone will like it
  - They see you through the old story
  - Change is hard/uncomfortable
  - They might have to "wait"
  - Resist the pull back...
- You won't believe it (discomfort)
  - Tell the story anyway
  - Faith/belief comes first (act as if)
  - Infuse the story with visualizations and positive emotions (see and feel the future you want)






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## The Problem With What "Is"

- We often get stuck in the "reality" and the fight of resisting reality
- Stop talking about what "IS"
  - Talk about how you want it to be (vision)
  - Put energy into what YOU control
  - Focus on solution not problem

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## Building Your Boat & Riding The River

- Daily intentional practice (coping, mindset/story)
  - Don't get complacent in calm waters
- If you need help, pull over & find a guide
- Limit your upstream paddling
  - Deal with the "is" don't resist it
  - There is always hope

It wasn't raining when Noah built the ark.  
- Howard Miller



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## Final Thoughts

Almost everything will work again if you unplug it for a few minutes... including you.  
- Anna Lemont

"There is no one giant step that does it. It's a lot of little steps."  
- Peter Cohen

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# Thank You!! Be Well & Stay Safe



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