



YCA Wellness Series: Self-care and Stress Management

Thursday 11 June

*Krisztina Javor
Lisa Mead CA
Camille Woods CA*

*ReachOut Australia
SocialCurrency
Monday Mind*

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Poll

In the last 2 weeks, how often have you felt stressed?

Poll

“**Self-care** is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.” – Psych Central



What is "Self-care" and "Stress Management"?

Krisztina Javor
Corporate Partnerships Manager

Stress



Stress, Resilience and Performance



What is Resilience?



Building Resilience

NATURE VS. NURTURE

Either way,
it's your parents' fault.

- Significant amount of our wellbeing and resilience is within our control
- The brain is highly malleable and new neural pathways can be established ... with practice

Characteristics of Resilient Teams

- Positive outlook
- Comfort with ambiguity
- Open-minded and creative
- Balanced perspective
- Better problem solving and decisions
- Highly engaged and productive



How to Build Resilience and Wellbeing



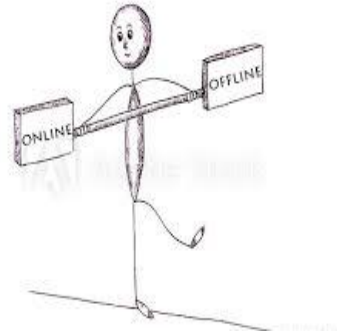
Strategy #1: Connect



Practical Ways to Connect



Quality time



**Balance online
and offline**



**Find your
tribe!**

Strategy #2: Be Active



Practical Ways to Be Active



**Set small
goals**

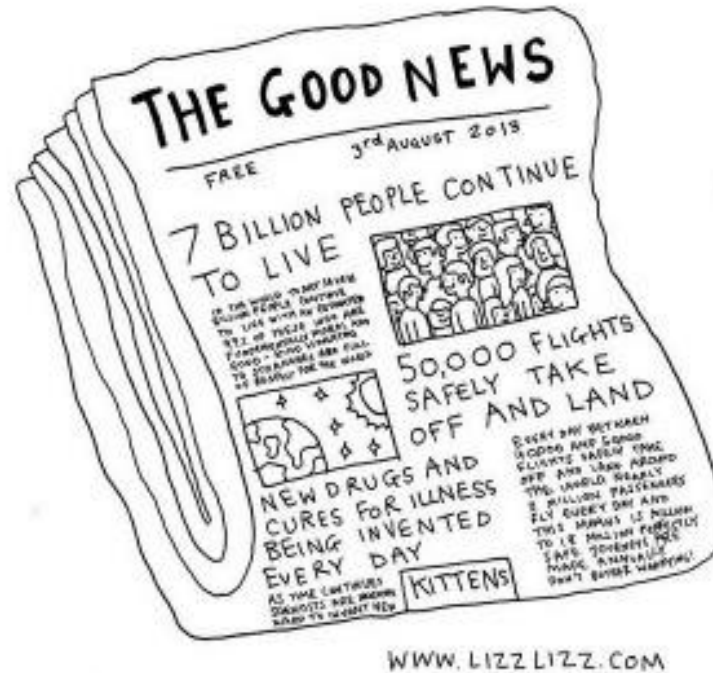


Schedule it in



**Use your
lunch break**

Strategy #3: Take Notice



Practical Ways to Take Notice



Slow down



**Embrace
gratitude**



Switch it off!

Strategy #4: Keep Learning



Practical Tips to Keep Learning



**Learn a new
skill**



**Effort over
outcome**



Be curious!

Strategy #5: Help Others



Practical Tips for Helping Others



Check in!



**Random acts
of kindness**



Give

Five Strategies



Making It Stick



Prioritise



Specificity



Tell someone



Everyone's unique – what works for one may not for another

Lisa Mead CA

Stress Management Techniques

Lisa Mead CA

Director, SocialCurrency

- Bridge the gap between tools + personal
- Recognise that everyone is unique
- Learn a new stress management tool



Daily habits

Win the day in the morning

Be kind to yourself

Care for yourself before others

Gratitude x3

Sleep + Water + Healthy food



S O C I A L C U R R E N C Y

Whakamahia te putea mo te pai

The gift of giving

Giving on your terms

Value your time and resources

Respect for limits

Self preservation – saying no

Meeting your own expectations



S O C I A L C U R R E N C Y

Whakamahia te putea mo te pai

Big picture

Create boundaries - setting an example

Work vs personal sacrifice

24 hours in a day

Phone, email and meeting limits/rules

Key people and influence



Something to try

Exercise (walking, yoga, whatever works)

Friends and whanau

Growth mindset

Reading and development - focus

Music, motivation and 'me-time'



S O C I A L C U R R E N C Y

Whakamahia te putea mo te pai

My game changer

Cold showers / cold therapy

30 seconds – 2 minutes

5 deep breaths

Wim hof breathwork

Phorgenz.com examples



S O C I A L C U R R E N C Y

Whakamahia te putea mo te pai



YCA Sharing Section

What's YOUR #1 self-care tip, resource, celebrity to follow, book etc?



Meditation

Camille Woods CA

Putting it into practice

Camille Woods CA

Director, Monday Mind

- Let's bring it all together
- Learn a meditation technique





THANK YOU

Have a great day!

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