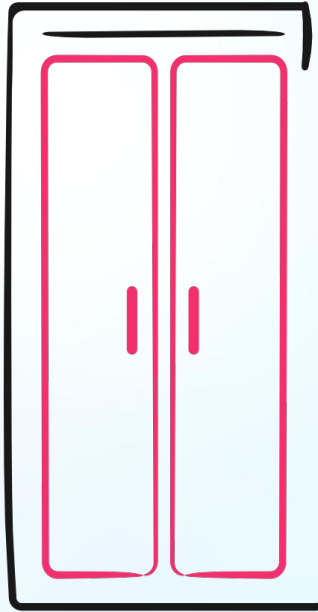


# Don't Get Toasted

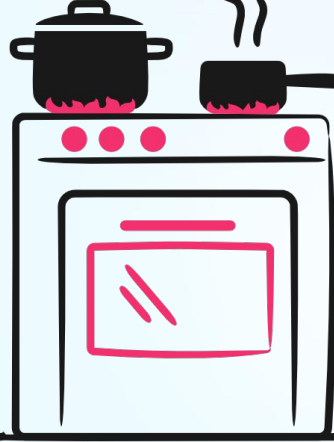
A leader's guide to **mental well-being**



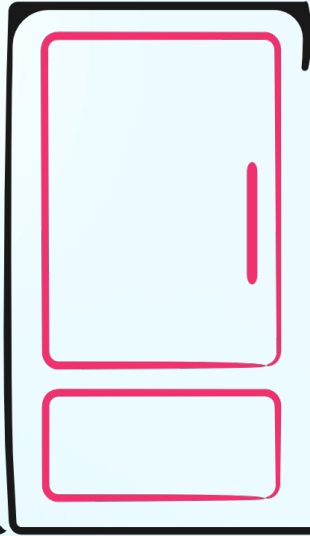
Emotional  
Pantry



Stress  
Reduction

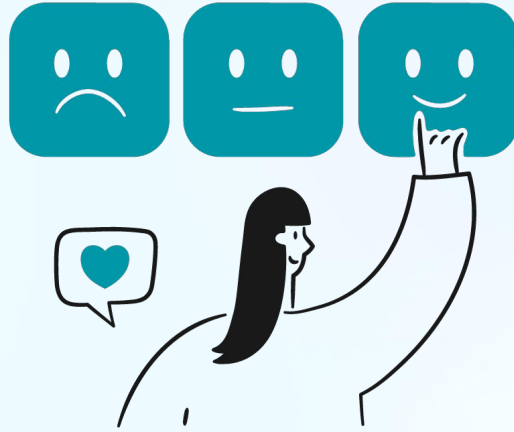


Energy  
Management



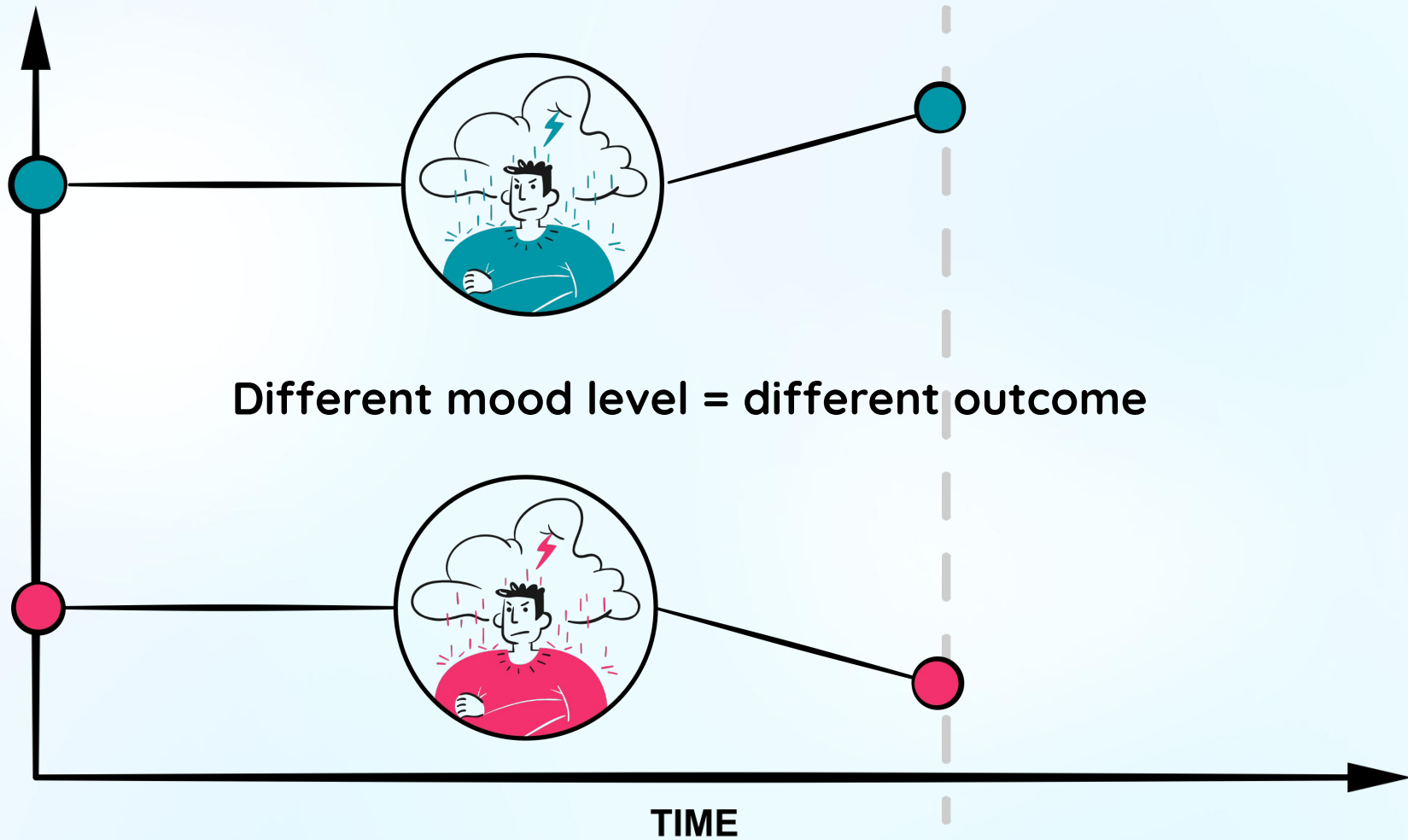
Bonus





Your **emotional state** determines if  
situations **energize or drain you**

EMOTIONAL  
ENERGY



TIME



# Self-Scan

## Stop

What am I feeling right now?

What do I need at this moment?

What's one small action I can take?



IMPATIENT

MOVED

CALM

TERRIBLE

PROUD

DISPLACED

PUZZLED

THANKFUL

ENRAGED

ENVIOUS



HAPPY



ANGRY



SAD

EXHAUSTED

ENGAGED

SUSPICIOUS

HOPELESS

INDIFFERENT

HAPPY

JOYFUL

ANGRY



Feelings are **information**  
about needs fulfilled and  
not fulfilled



COMPETENCE

JOY

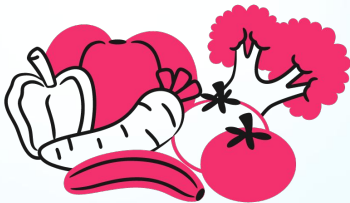
HUMOR

FRIENDSHIP

EASE

AUTONOMY

INTEGRITY



FOOD



SLEEP



SHELTER

CHALLENGE

INCLUSION

LEARNING

CREATIVITY

AUTONOMY

BEAUTY

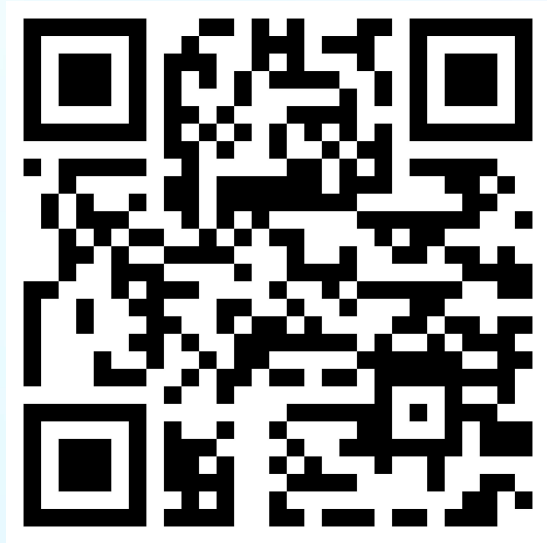
PLEASURE

JOY

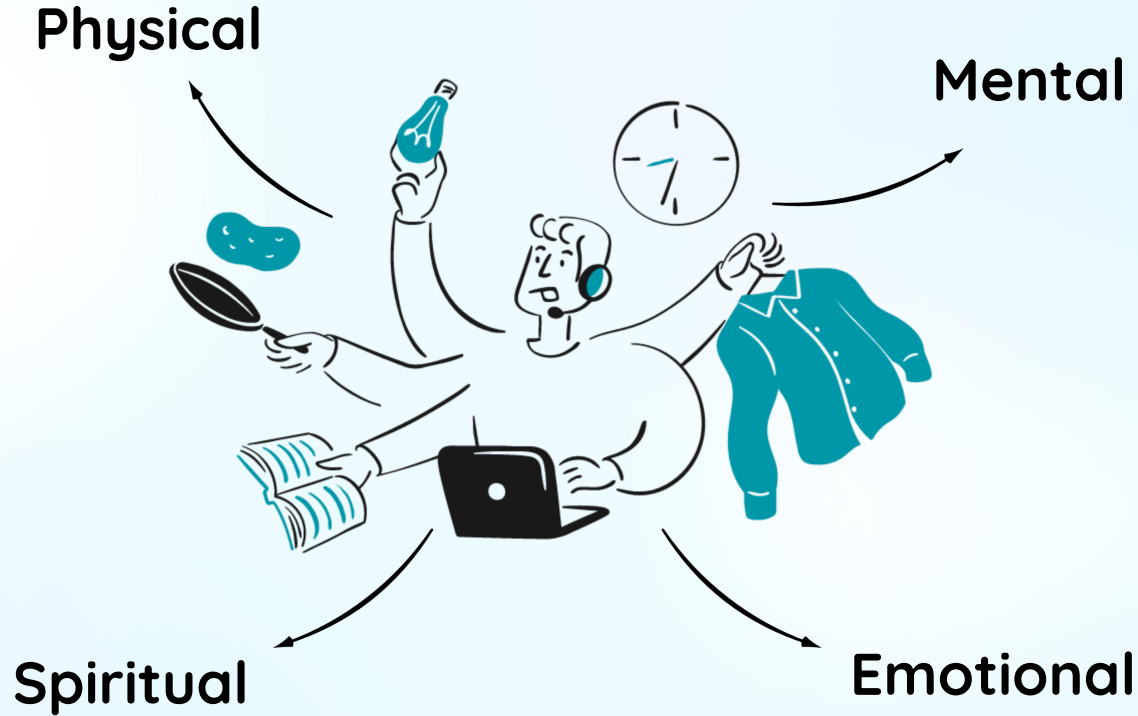
EASE

Get your needs and feelings list:

**[goodjob.coffee/ldx3](https://goodjob.coffee/ldx3)**



## 4 Dimensions of Personal Energy



*Jim Loehr, Tony Schwartz, "The Power of Full Engagement"*



**GO FIGURE, THE  
DOG'S NOT APPLE COMPATIBLE**

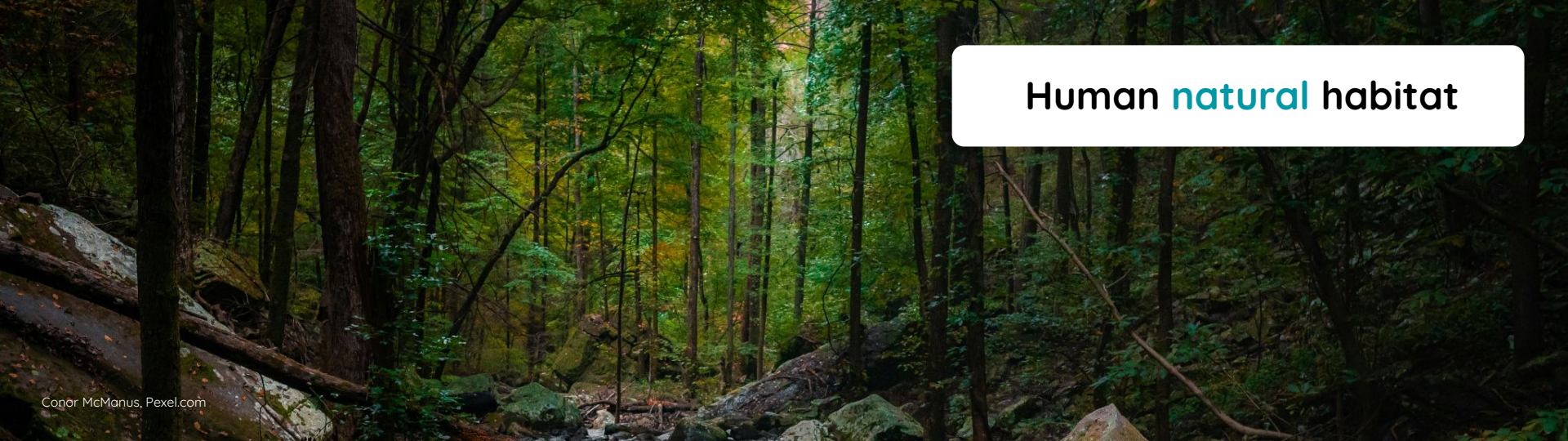
Find your **true**  
chargers



# Find your **true** chargers







Human **natural** habitat

Cogor McManus, Pexels.com



What we **decided** to live in

Nout Gons, Pexels.com



# Connect with nature for 2h a week

stress  
& anxiety



cognitive  
function



overall mood



physical  
health



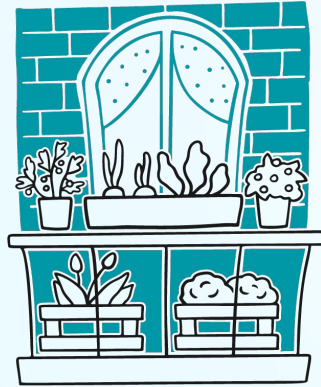
creativity  
& inspiration



sense of  
belonging  
& peace



# Contact with nature: start small



Know what charges you,  
and what drains you



A close-up, low-angle shot of a person's legs as they hike across a rocky stream bed. The person is wearing olive green hiking boots with yellow accents and yellow socks. The ground is covered in wet, grey and brown stones of various sizes. In the background, a shallow stream flows over more rocks, with a soft, out-of-focus light source on the left side of the frame.

Handle your **drainers**

# Handle your **drainers**



# Energy preservation sauce


1. **In chargers**, experiment and find your 3 favorite ways
2. **In drainers**, go deeper to determine specific reasons





THIS IS  
*FINE*





**Exhale**

**Inhale**

**Kitteh Yoga**

ICANHASCHEEZBURGER.COM 🐾 💰 🐾



**Box  
Breathing**

Hold

Breathe In



Breathe Out

Hold

# 5-4-3-2-1 Grounding Technique

4 things you  
can **feel**

2 things you  
can **smell**



5 things you  
can **see**

3 things you  
can **hear**

1 thing you  
can **taste**

**Dessert:**

**Things I learned  
from being a parent**



Read **parenting books** to  
better understand humans

Don't wait for **The Big Reset**

Manage **your** energy,  
not other **adults'**



Do you have  
to do it **all alone?**

Or do you need  
a **kitchen crew?**





# Sustainable leadership recipe

1. Fill your emotional pantry.
2. Prepare energy preservation sauce (+chargers, -drainers)
3. Learn to release steam.
4. Leverage parenting wisdom. Engage your kitchen crew.



**Good job!**

More good stuff:  
[goodjob.coffee/idx3](https://goodjob.coffee/idx3)



**What are feelings?**