

PRIORITIZING SELF-CARE

For Optimal Leadership Performance

A LEADER'S BUSY LIFE: DAYS/HOURS WORKED*

9.7 average weekday hours | **79%** of weekend days | **70%** of vacation days

Credit union leaders who take the time to manage their own stress can also positively impact staff and members. Here are key actions to avoid burnout and lead more effectively.



SET BOUNDARIES Establishing and communicating clear boundaries for downtime so leaders and teams can bring their best, fully energized selves to work.



Take consistent breaks throughout the day.



Limit work communications after hours.



Make time for family, hobbies, and other personal activities.

BUILD RESILIENCE

- 1 Reflect and Release:** Engage in a relaxing activity to reflect on the sources of your stress. Release negative thoughts and replace them with encouraging ones.
- 2 Take Control:** Break down overwhelming projects into manageable steps.
- 3 Stay Positive:** Focus on your skills, what you appreciate about your job, and past successes that inspire solutions to current challenges.
- 4 Prioritize basic needs:** Get a full night's sleep, eat healthy foods, & exercise regularly.
- 5 Maintain relationships:** Connect with friends and family to promote resilience.

SHARE RESPONSIBILITY Giving upcoming leaders the opportunity to “own” a project is an excellent way to improve organizational performance and give them a chance to grow. This not only builds their confidence but also frees up your time.

REACH OUT FOR SUPPORT Even strong, independent leaders need a support system. Seek out mentors, a group of peers, or a professional counselor. Getting the support you need offers fresh perspectives and inspires new solutions, making you a better guide for your team.

At Envisant, we prioritize employee wellness so we can effectively serve our credit union partners with clear, focused strategies for success. To learn more about our CUSO and prepaid program, contact us at **1-800-942-7124**.



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**Harvard Business Review*