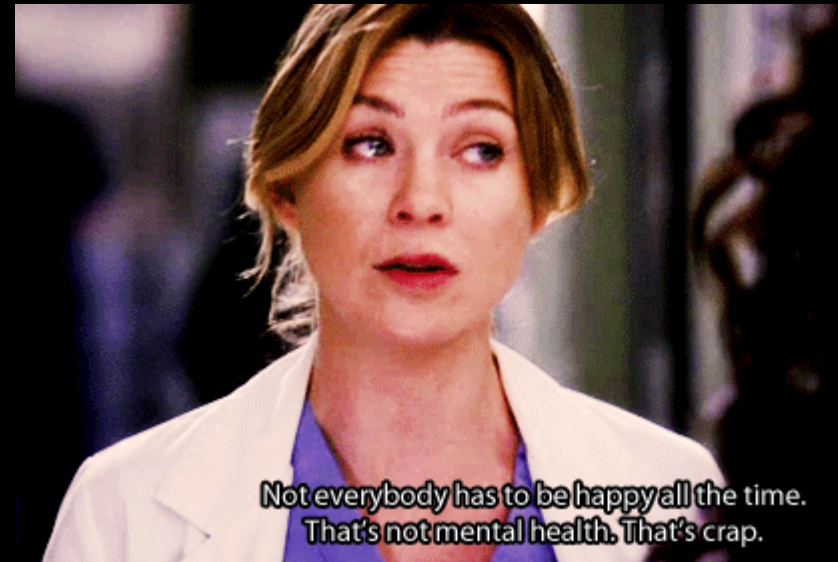


**Actionable Self-Awareness:
Learning How to Put Personal
Emotions into Actionable Items**

WHY DO WE DO WELLNESS PROGRAMMING AND DISCUSSIONS?



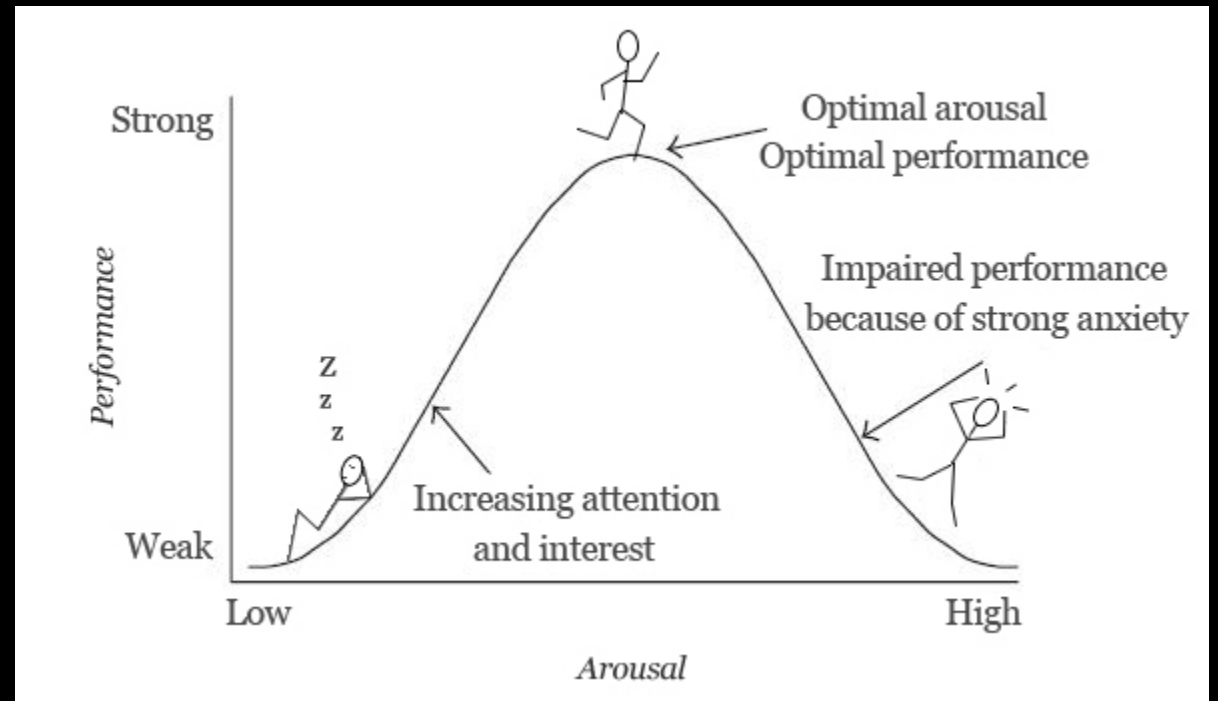
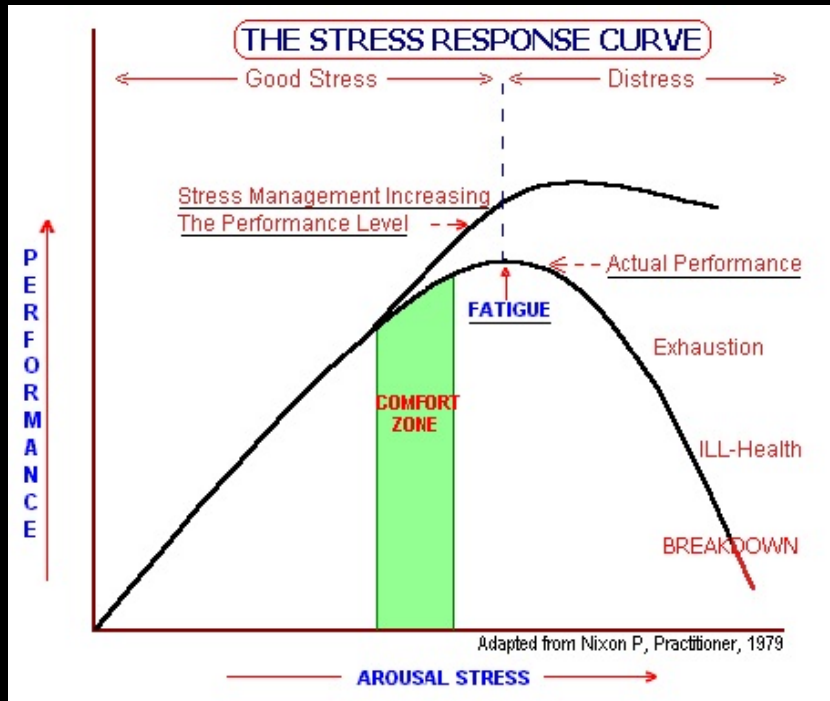
Not everybody has to be happy all the time.
That's not mental health. That's crap.

WELL-BEING: [wel-bee-ing]

noun

1. a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare

SELF-AWARENESS IS KEY...



ACTIONABLE SELF-AWARENESS

Taking calculated, conscience,
progressive action to cultivate a
desired outcome

**“IF YOU HAVE A PROBLEM
THAT CAN BE SOLVED
WITH AN ACTION... YOU
DON'T HAVE A PROBLEM”**

–Mel Robbins

EMOTIONAL AGILITY
vs.
EMOTIONAL RIGIDITY

Susan David, PhD, *Emotional Agility* (2016)

“POSITIVITY IS THE NEW
FORM OF MORAL
CORRECTNESS”

-Susan David, PhD

**NORMAL, NATURAL
EMOTIONS ARE NOW
SEEN AS EITHER GOOD
OR BAD**

LONG-TERM SELF-CARE
vs.
CRISIS SELF-CARE

LONG-TERM SELF-CARE IS....

Reflecting on your personal set-backs, frustrations and disappointments and attempting to change them

Disappointing some and sacrificing for others

Stop trying to fix yourself and start trying to take care of yourself

You have to give up on some goals to make others a reality

Give up on toxic relationships

Work-out

Netflix, Champagne, bubble baths and cheat days should be ways of enjoying your life, not escaping from it



PUTTING IT
ALL
TOGETHER

C
A A
R C
EMOTIONAL
I G
O I
N L
A I
B T
L Y

SELFAWARENESS

TECHNIQUES

-MEDITATION/REFLECTION

-WRITING/JOURNALING

-CHANGING HABITS (5-second rule)

-COLLEAGUES AND FAMILY

-PROFESSIONAL RESOURCES

Questions?