



## Cheat Sheet Managers, Don't Neglect Yourself

### A Cheat Sheet for Leader Self-Care & Resilience



#### Why It Matters

- You can't pour from an empty cup
- Burnout reduces effectiveness and team morale
- Self-care = stronger leadership + healthier teams



#### Warning Signs You're Neglecting Yourself

- Constant fatigue or irritability
- Feeling "always on" and overwhelmed
- Neglecting breaks, meals, or exercise
- Losing motivation or focus



#### Self-Care Strategies for Managers

- **Set Boundaries:** Protect time for rest & family
- **Recharge Daily:** Use small breaks to refresh your mind
- **Prioritize Health:** Sleep, nutrition, and movement matter
- **Delegate Wisely:** Empower your team and lighten your load
- **Reflect & Reset:** Schedule time for journaling or mindfulness



#### Mindset Shifts

- Self-care is not selfish—it's strategic
- Modeling balance inspires your team
- Strong leaders know when to step back and refuel



#### Action Steps

1. Block self-care time in your calendar
2. Share responsibilities—trust your team
3. Build small recovery rituals into your workday
4. Celebrate progress, not perfection



**Pro Tip:** The best gift you can give your team is a healthy, energized YOU.