Wellness starts at the top

Best Practices for Supervisors

Why Supervisor Wellness Matters

Your wellness directly impacts team engagement, productivity, and retention.

Self-care builds **emotional resilience**, **reduces burnout**, **and improves decision-making**.

Leaders who model wellness behavior **influence team norms**.



YOU matter!

Self-Care Framework



Knowledge



Value



Ability



Behavior

Move into a self-care growth mindset

Self care is optional & Self care is an investment indulgent Flexible thinking Self care is all-or-nothing Focus on progress, not Self care is associated with perfection guilt Views challenges as signals Stress is a badge of honor for care Rigid habits **Understands ripple effect Curious and Open Avoids experimentation**

Investing 10-15
minutes in myself
helps me show up
more focused for the
rest of the day.

When I am rested and well, I lead better and set a healthy example for my team.

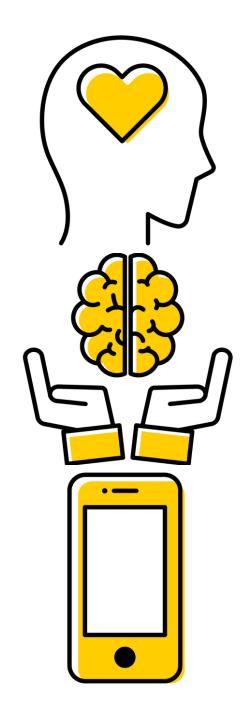
Preventive care keeps stress from becoming overwhleming.

I can't do everything at once, but I can do one small thing for myself-and that will help me tackle the rest more effectively.

Taking care of myself is part of my responsibility-It helps me sustain my ability to support others.

Busy seasons are when self-care matters most.

Know Your Resources



Department Well-Being Toolbox

Great Website!

Employee Assistance Program

Online Scheduling!

24/7 Support & Crisis Line

Call or Text: <u>844-461-5420</u>

