

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

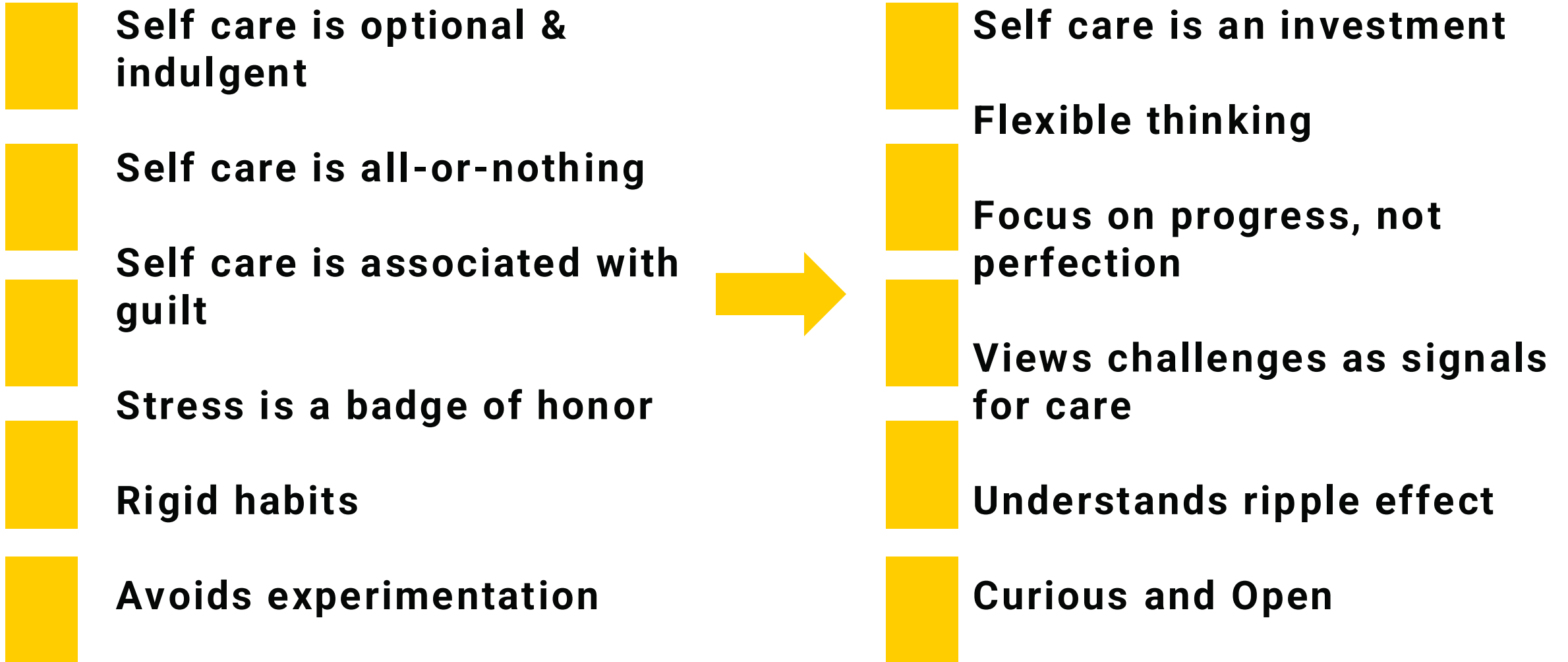


Ability



Behavior

Move into a self-care growth mindset



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

Preventive care keeps stress from becoming overwhelming.

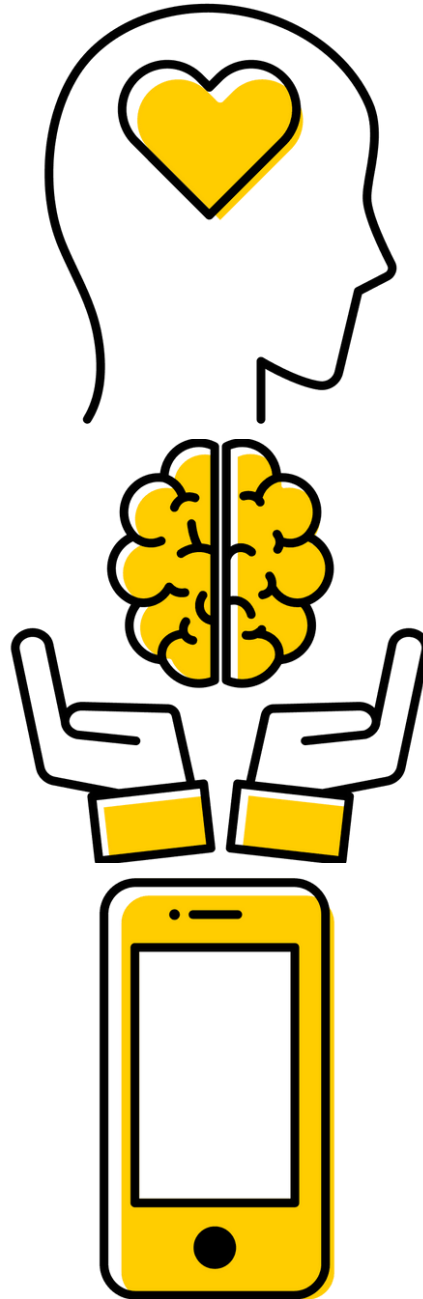
When I am rested and well, I lead better and set a healthy example for my team.

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: [844-461-5420](tel:844-461-5420)



*You
Matter.*