

ARE YOU A HEALTHY LEADER?

Presented by: Clere Consulting, LLC





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Presented by: Neely @ nlyons@clereconsulting.com

**"HEALTHY LEADERSHIP
INVOLVES ALL ASPECTS OF A
PERSON'S HEALTH."**

YOU CAN'T GIVE OTHERS WHAT YOU DON'T HAVE.



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Duty of Self Care

... a responsibility to ensure Public Trust

THERE SHOULD BE PUBLIC CONFIDENCE IN THE INTEGRITY OF FIRST RESPONDERS AND HEALTHCARE PROVIDERS.

Duties of Self Care cover a variety of acts and omissions, including behavior involving bias, prejudice, private gain, abuse of process, and improper disposition of decisions.

Public servants and healthcare practitioners should safeguard public confidence in the integrity of their actions by being honest, fair, caring and respectful.

Public servants and healthcare practitioners should be mindful of their physical and emotional health or else they may unconsciously "act out."



What's normal?

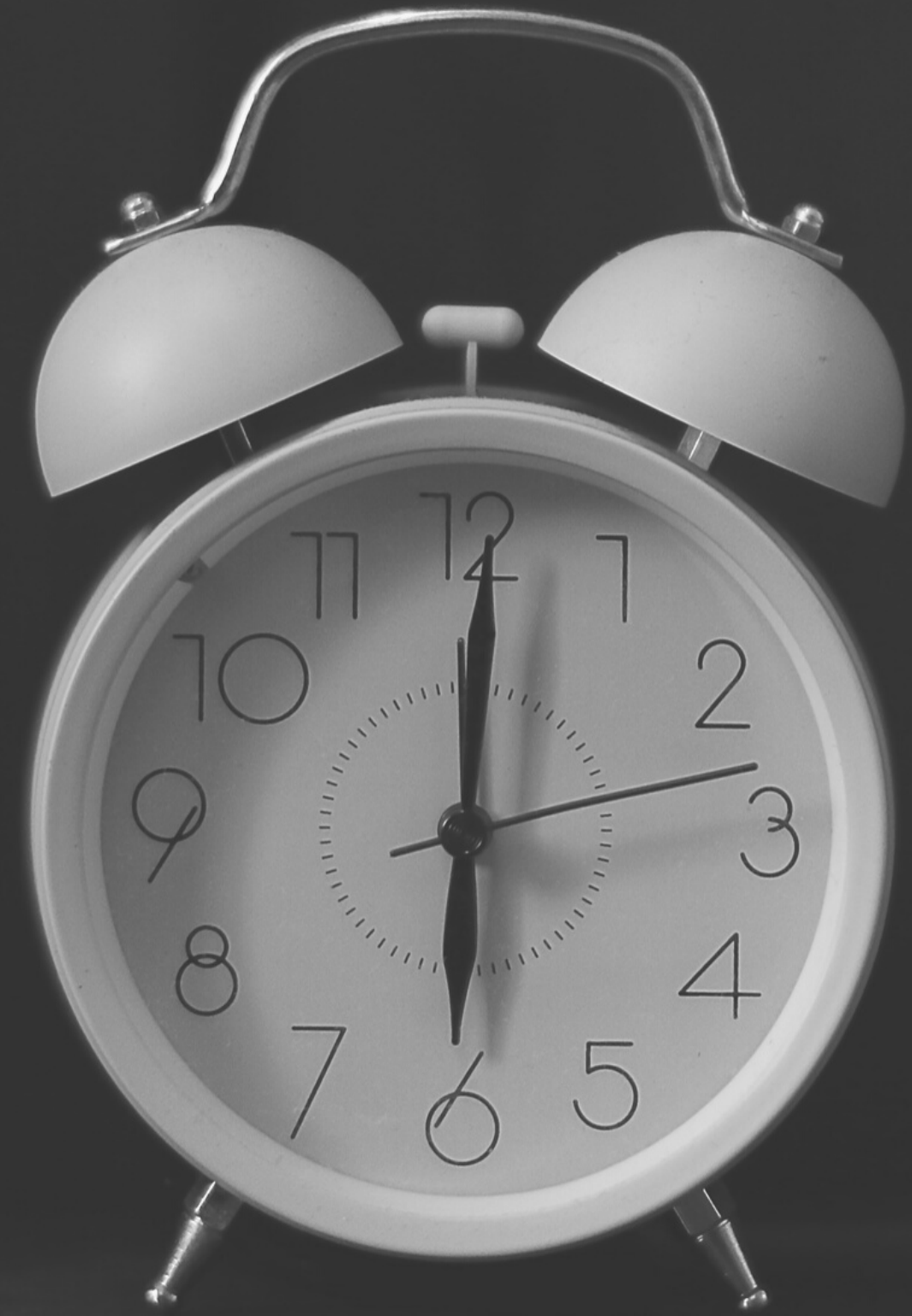
The Current Situation

Answering "Yes" is 1 Point.

Answering every question at least once is a minimum of 40 points.



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SYMPTOMS OF STRESS

SLEEPLESSNESS

ANXIETY

IRRITABILITY

FATIGUE



Vicarious, Cumulative Trauma

What it looks like at work.



SIGNS

SYMPTOMS

WHAT DO
OTHERS
SEE

JOB
PERFORMANCE
INDICATORS



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COMPASSION FATIGUE

A.K.A.

BURNOUT



Stigma - Perception affects your reality.



The stories STIGMA tells:

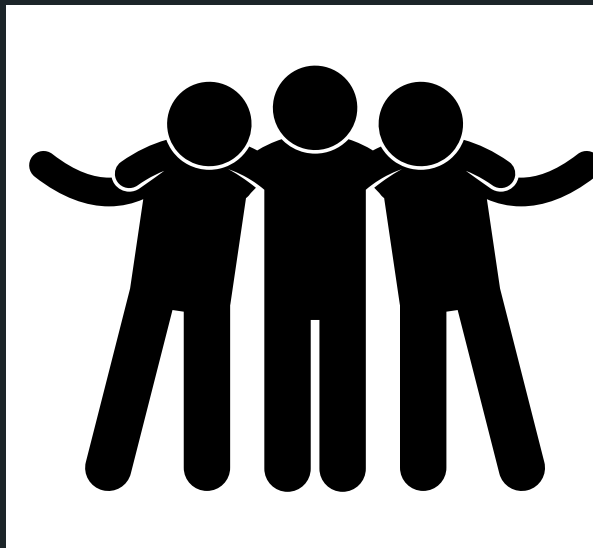
You should be embarrassed to admit you need help. This will affect your career. Morally weak people drink too much. Your friends and family won't support you.

How STIGMA affects access to CARE:

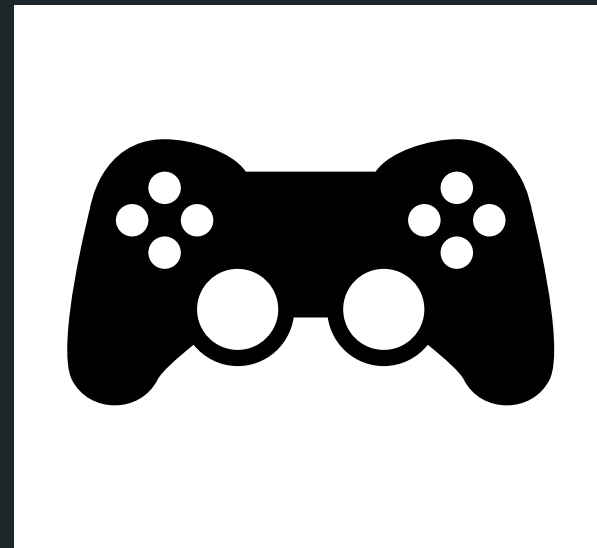
I don't know where to get help? Can I find a way there? How do I ask for time off from work for treatment? Will my insurance cover the costs? What will I tell my colleagues and friends?

Stay Connected

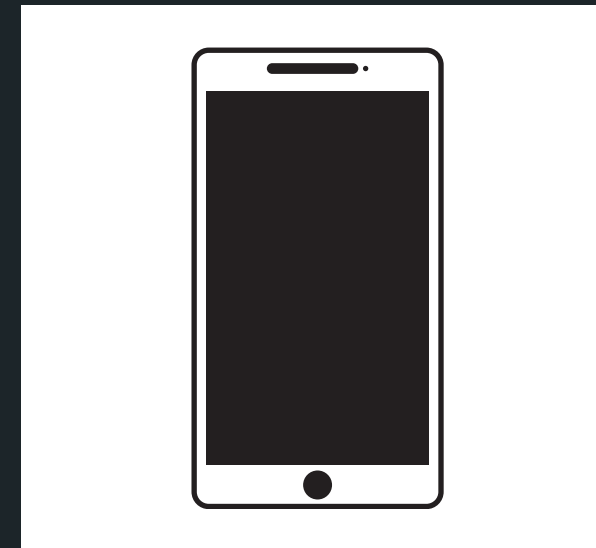
Avoid Addictions



Strong
Network



Gaming



Social Media
Binge TV
Cell Phones



Alcohol and
Drugs



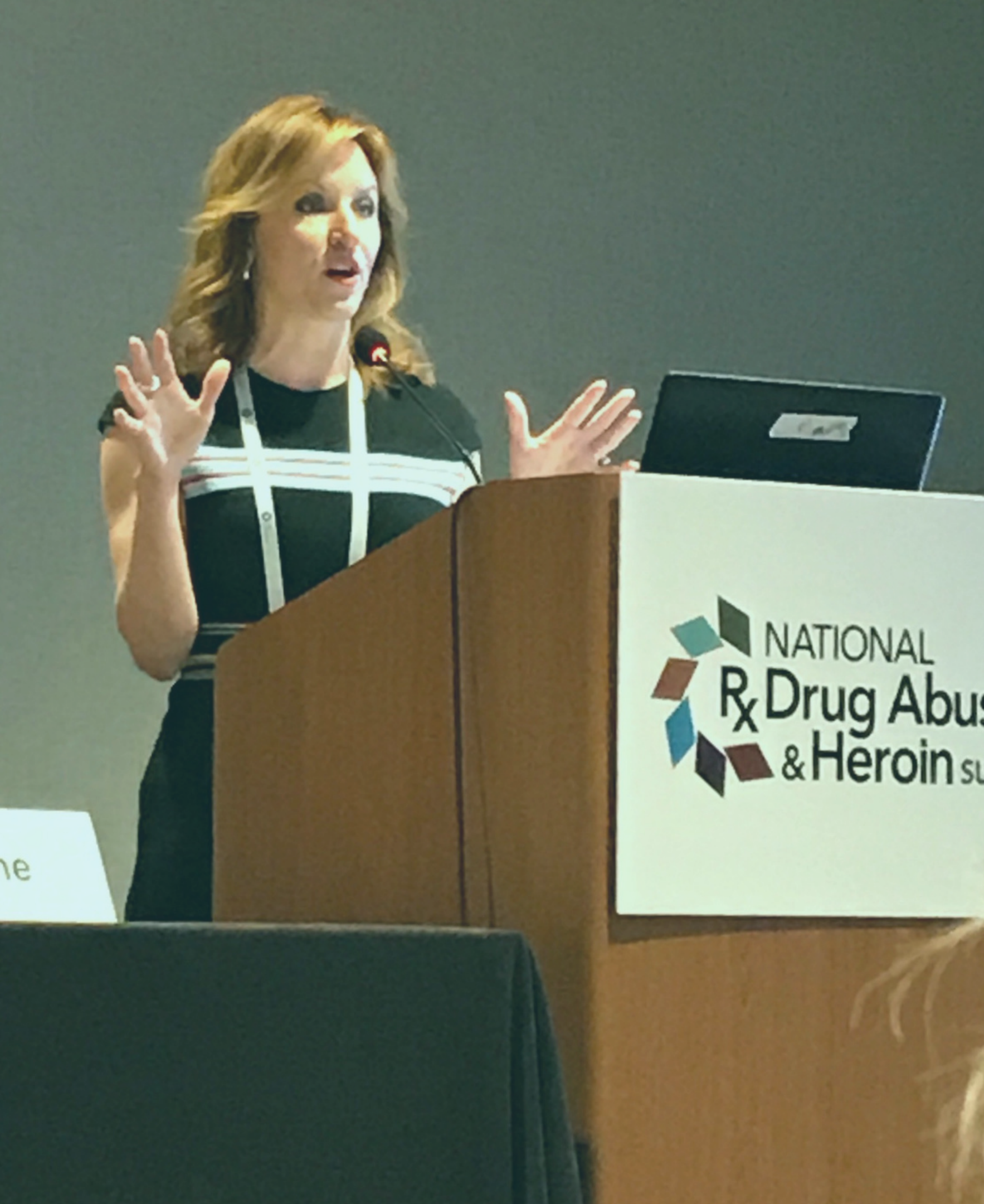
Healthy Leadership Checklist



(1) Listen to your body for signs of stress. (2) Find meaningful things to do outside of work. (3) Seek help if under stress. (4) Support your duty of self care with balance, good nutrition, and sleep. (5) Have a strong network and avoid numbing out or addictive behaviors.



Presented by: Neely @ nlyons@clereconsulting.com



Thank you!

Neely Carlton Lyons, JD

Certified Recovery Specialist
Certified Interventionist

Clere Consulting, LLC
www.ClereConsulting.com
NLyons@clereconsulting.com