

# What Leaders Need Now

Helping leaders optimize business and life!

## Self-Care and Emotional Support

*During these times, it is critical that we engage in self-care for ourselves as well as encourage it in others. On our call, we talked about being stuck in the sympathetic nervous system – our fight or flight mode – and the need to engage the parasympathetic response.*

*Below is a list of some ways to do that. This list is by no means exhaustive.*

### Breathwork

- If nothing else is available, use long, deep breathing. With each breath, extend the length of the breath in and the breath out. Even three long, deep breaths can help.
- Alternate Nostril Breathing. [Handout: whatleadersneednow.com/pdf-nostril-breathing](https://www.whatleadersneednow.com/pdf-nostril-breathing)

### Practice presence

- We spend so much of our mind's focus in the future and the past that we are rarely present. Bring yourself back to this very moment. Feel your feet on the ground, wiggle your fingers, take a deep breath – all of these can help you come to this moment.
- Have your morning and/or evening beverage outside. Don't bring any work with you. Just look at your view – even if it's the side of another building. What nuances do you see that you haven't seen before? What colors do you see? What do you hear? What do you hear past those sounds? (There are typically layers of sound – those that are closer and those that are farther away.)

### Get your feet on the earth

- If it's available to you, stand in bare feet on the ground. Close your eyes and just be in this moment. Feel the sensation of the ground beneath you. Notice the temperature, the texture and any other sensations you might feel.
- Better yet, lie down on the ground. If you are on your back, look up at the sky. What do you see? What do you hear? Again, notice what you physically feel. Notice the temperature of the air.

### Meditate or mindfulness practice

- [Link to handout](#)
- If you can find 3 – 5 minutes, especially at the beginning of the day to just focus on your breath, over time it will make a world of difference. You can absolutely do more than that if you have the time. According to Jack Kornfield, a mindfulness master and teacher, 20 minutes a day will change your life.
- There are great apps for guided meditations as well as timing for breathing. There's a breathing app even gives you a visual to inhale and exhale to.
  - Calm
  - Headspace
  - Insight Timer
  - Breathing App

## Exercise – move your body

- Take a walk if you can – or run if you are a runner. Fresh air and sunshine support a healthy immune system
- Take an exercise class online or through an app. There’s yoga, Barre, workouts, etc.
  - Barre3
  - Nike Training Club
  - FitOn
  - JEFIT
  - Simply Yoga
  - Many, many more can be found with a simple internet search

## Find things that make you laugh

- Search funny videos on YouTube or Google
- Watch John Krasinski’s Some Good News (SGN) on Facebook or YouTube
- Watch your favorite comedies or funny movies
- Play games

### Skilled executive coaches and proven tools.

We’re ready to begin! Contact us today to find out how we can help you optimize your business and your life.

### Contact Us

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