

# THE PURSUIT OF DEEPER SELF-CARE

PRESENTED BY:

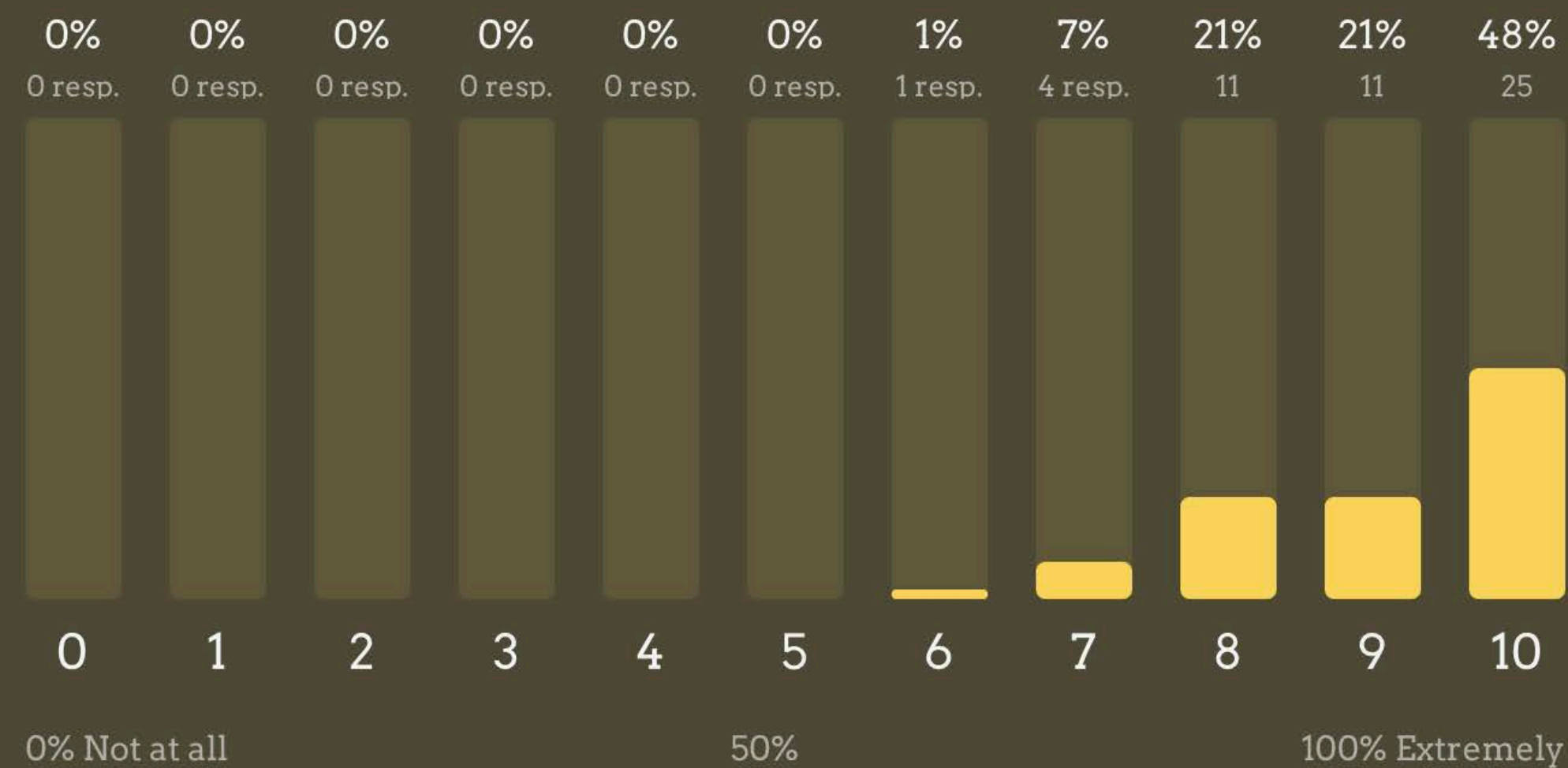
**ALTERNAVIDA**<sup>®</sup>  
LEADERSHIP

# TAKING CARE OF YOURSELF

Do you believe your personal wellbeing impacts your leadership sales performance?

52 out of 52 answered

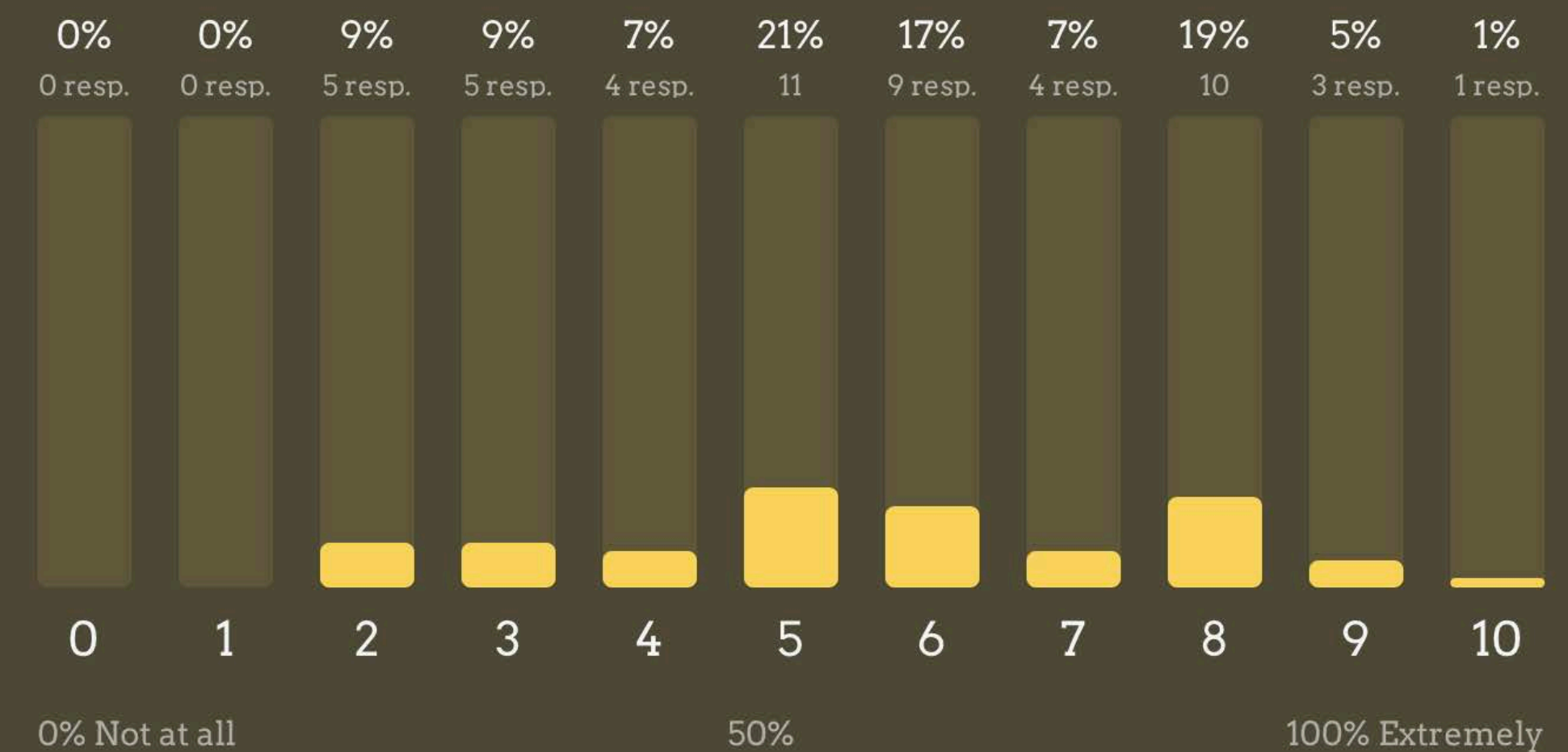
9.1 Average rating



In the context of your daily routine, what percentage of the time do you make decisions that prioritize your personal health and wellbeing?

52 out of 52 answered

5.7 Average rating



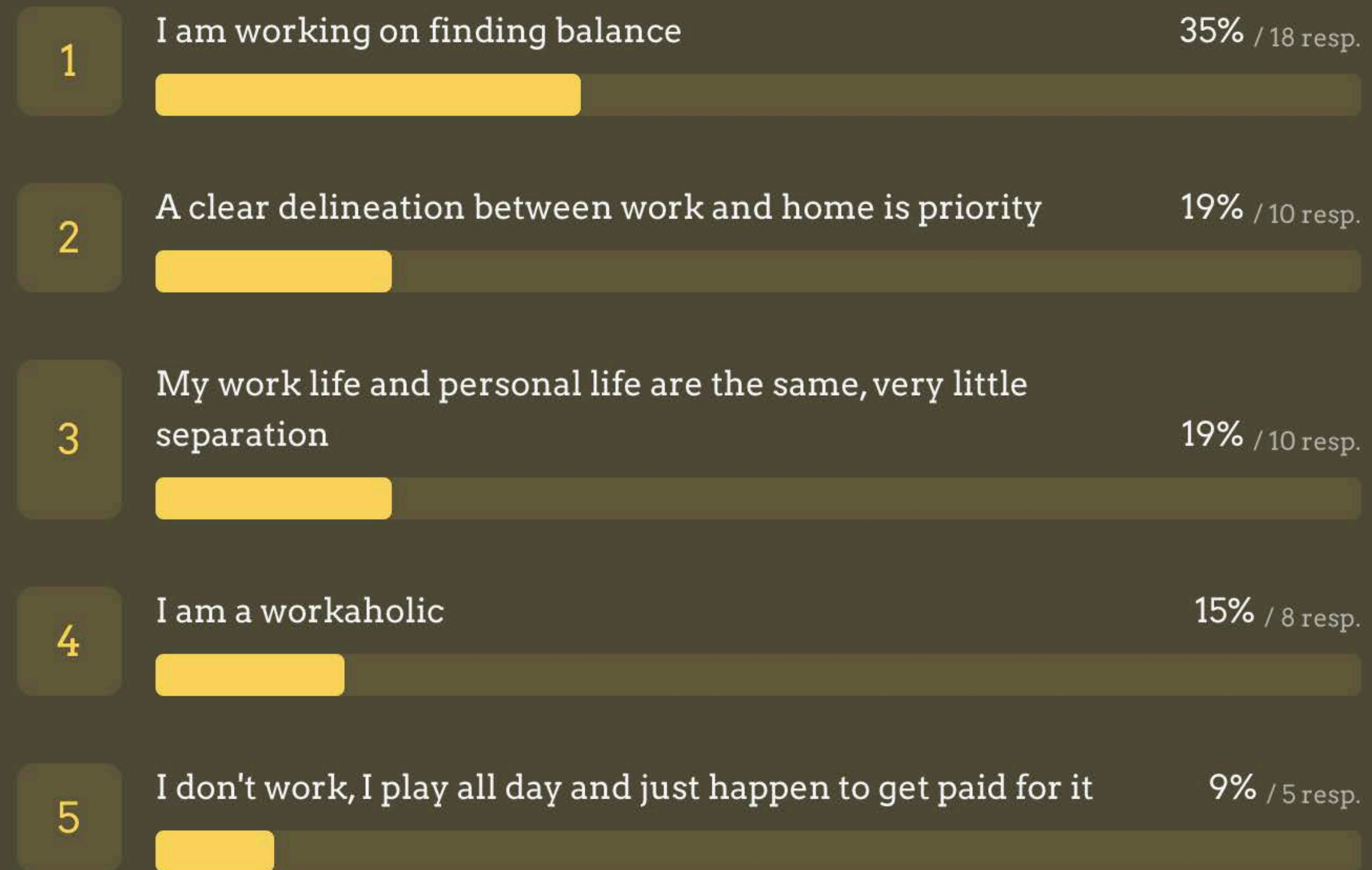
# OUR AGREEMENT

1. Are you open to playful discovery and friendly learning?
2. Can you trust in the experience of the day even if it may not always make sense in the moment?
3. Are you willing to see us and each other as allies for learning?
4. Will you recommit to these agreements if you notice wavering away from them?

# HOW YOU RELATE TO YOUR WORK

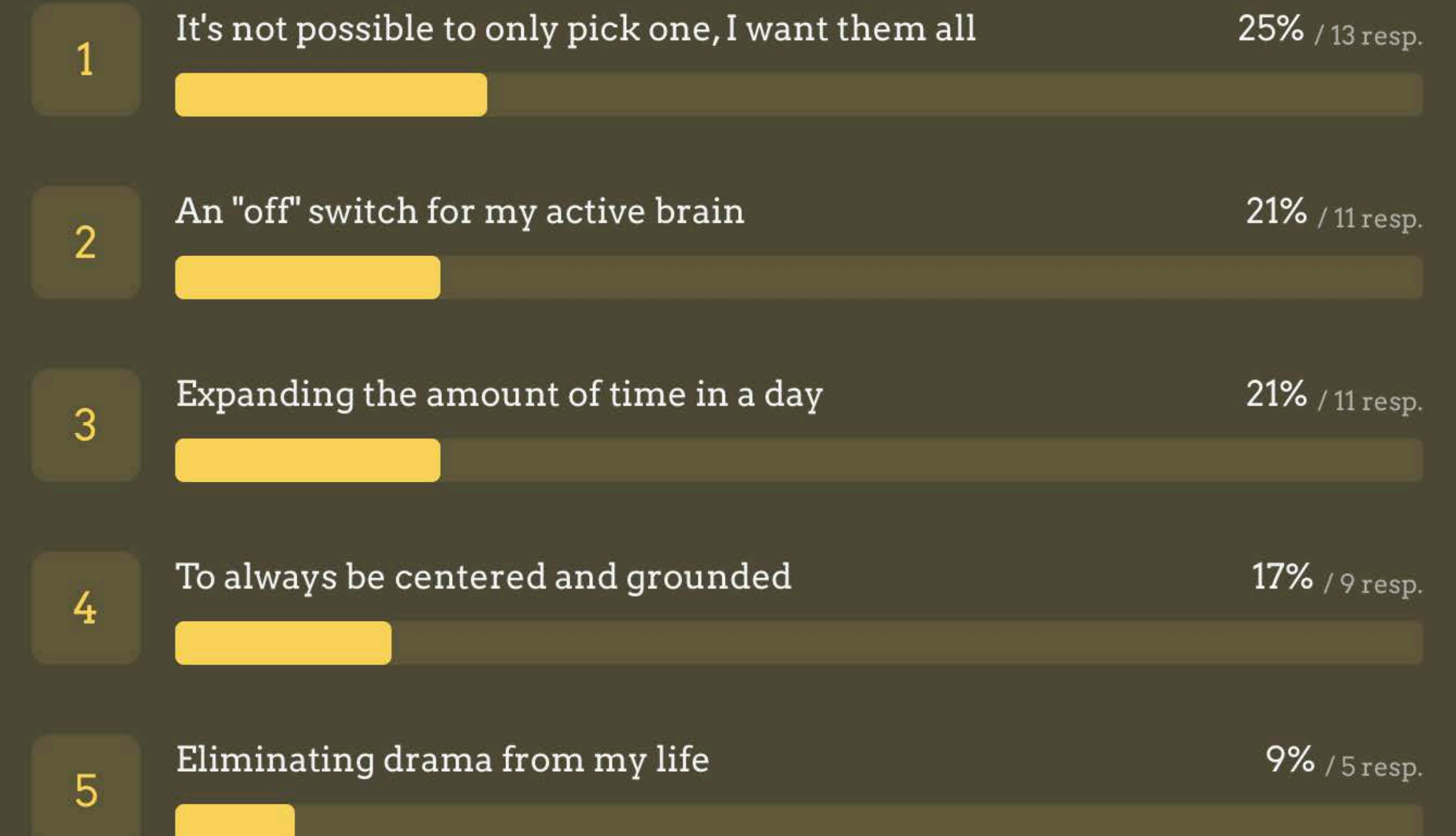
## Which best describes your current relationship to work?

51 out of 52 answered



## What one thing would be most supportive to you if you had a magic wand?

52 out of 52 answered



# UNHEALTHY STRESS $\neq$ VITALITY

High-pressure companies have nearly 50% greater healthcare expenses

60-90% of doctor visits are stress-related, and less than 3% are being treated for stress

550 million US workdays are lost each year due to stress on the job

60-80% of workplace accidents are attributed to stress

#### SOURCES:

*BMC Public Health, 2011*

*American Psychology Association, 2014*

*Center for American Progress, 2016*



# FINDING BALANCE

I see this as the top priority (#1) for the success of our organization:

52 out of 52 answered



If you were to assign a weight to your current work stress levels, how much would it weigh (in pounds)?

- Total group stress weight = **6,816 lbs**
- Average per person = **136lbs**

# WHAT IS SELF-CARE?

Taking action to preserve ones health and wellbeing. A self awareness prompting you to prioritize your body, mind, and emotional wellbeing. When prioritizing self-care you become resourced and attract effortless flow where there is always a creative solution or work around to any challenge or obstacle. Where work feels like playing all day and you just happen to get paid for doing it.

**WHAT'S HOLDING YOU BACK?**





# ENERGY SOURCES

**EAT**

cleanly

**SLEEP**

regularly

**BREATHE**

deeply

**HYDRATE**

often

**MOVE**

daily

# WHAT % ARE YOU CONSCIOUS OF?



# UNCONSCIOUS SELF-CARE BLOCKS

1.) Criticism: Looking for what's wrong versus appreciating what's right.

2.) Multitasking: A misperception that by doing multiple things at a time it helps accomplish more in a shorter period.

3.) Concealing: Withholding the truth by not revealing thoughts/stories, feelings, sensations.



SHIFT

**1.) CRITICISM TO APPRECIATION**

# AT THE EFFECT OF

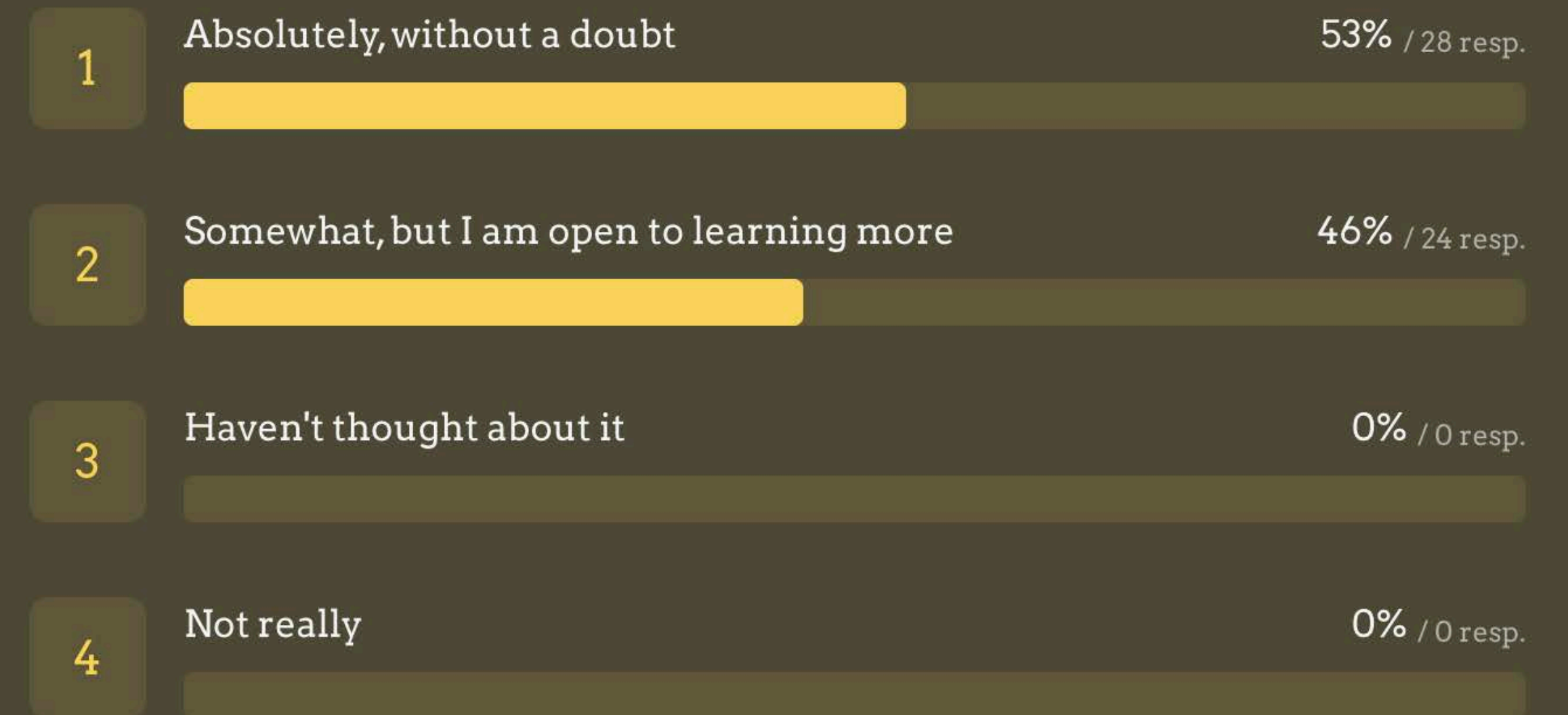
What I appreciate most about our company culture is:

52 out of 52 answered



I have a good understanding of the day to day challenges my customers face.

52 out of 52 answered



# CRITICISM



# THE SCIENCE

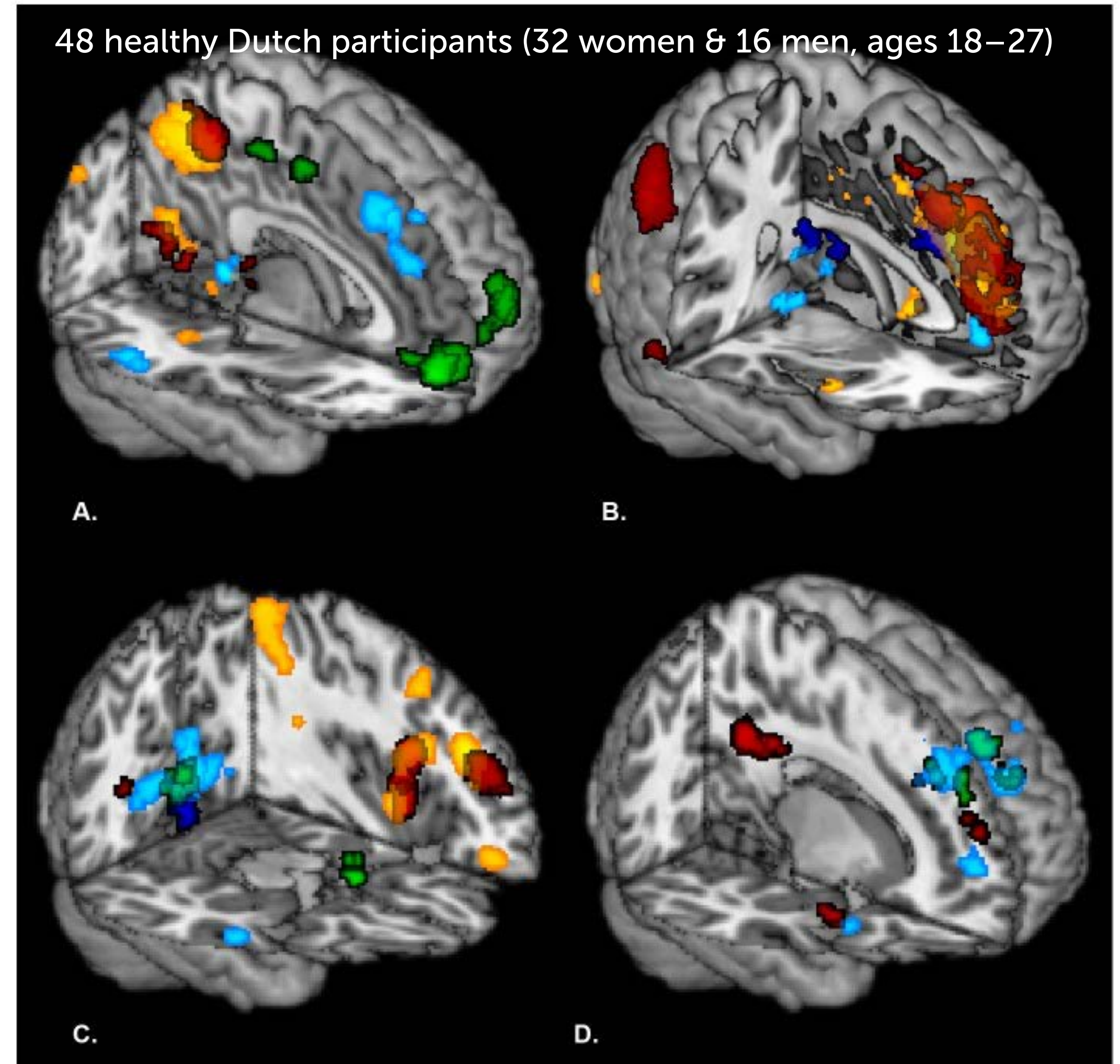
**Higher-order cognitive controls are impacted** and limited while brain regions involved in emotional processing and social cognition were recruited during the processing of criticism (Limb, 2008).

**The inner critic can not exist at same time as creative flow.** The area of the brain responsible for self monitoring is deactivated at height of creativity. (Limb, 2008).

**Self-criticism contributes to depression, anxiety, eating disorders,** substance abuse, physical health conditions, and even suicidality based on research in the US, Canada, Israel, and Europe (Shahar, 2016).

**Self-criticism derails people's social environments.** It propels people to generate interpersonal stress and it interferes with the ability to experience positive, enjoyable life events (Shahar, 2016).

## CRITICISM self and others



# APPRECIATE

Yourself and Others

# THE SCIENCE

Appreciation is a much better motivator.

**80% are willing to work harder for an appreciative boss**, and 70% said they'd feel better about their efforts if their boss thanked them more regularly. (Glassdoor survey 2016)

**A one time act of thoughtful appreciation** produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms. (American Psychologist 2005)

**Gratitude increases mental strength** by reducing stress and has been linked as a key to overcoming trauma. A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder (Kashdan, et al).

~~CRITICISM~~



SHIFT

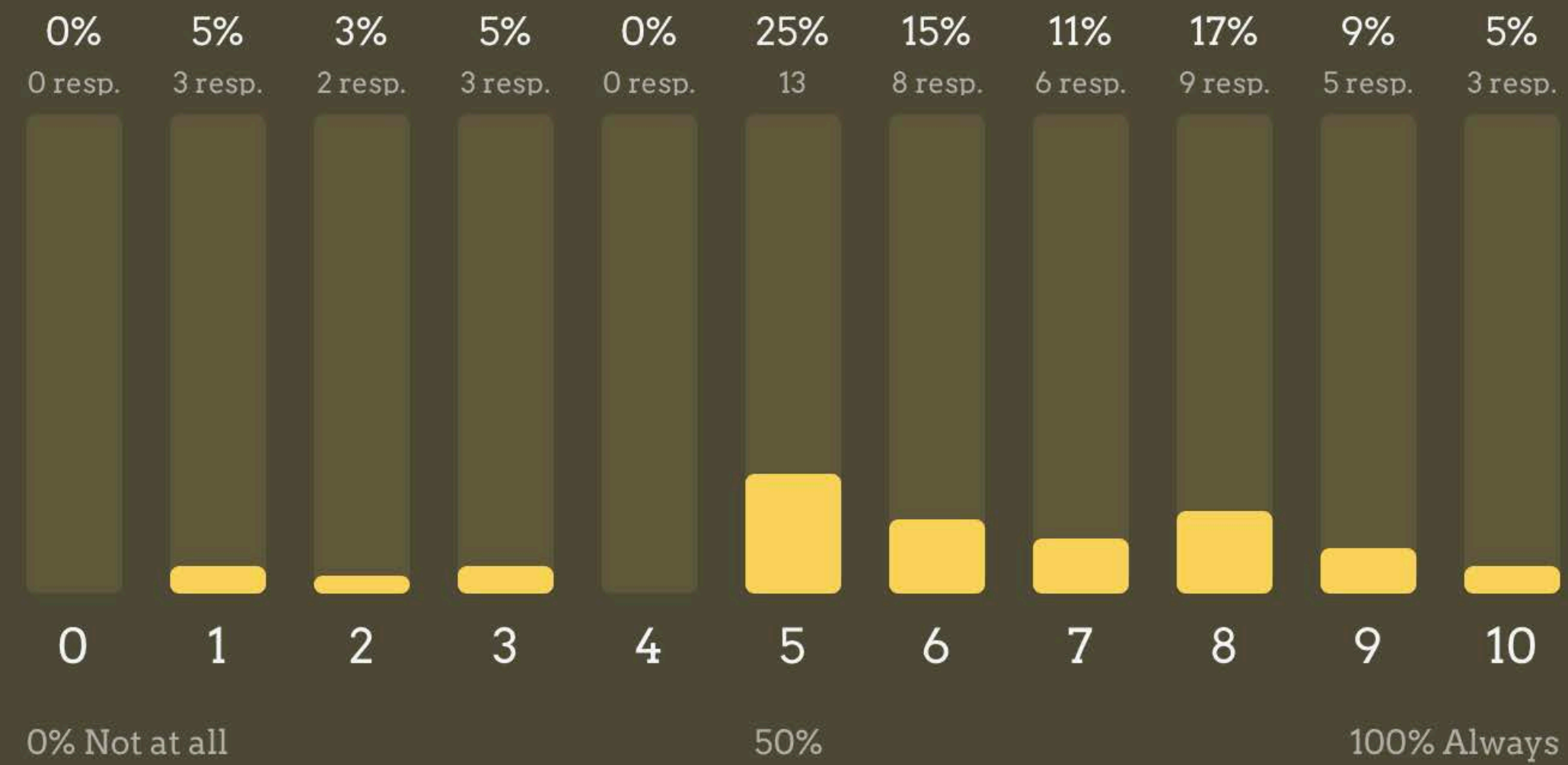
**2.) MULTITASKING TO SOLOTASKING**

# FINDING BALANCE

Do you experience the organizational culture encouraging a balance between work and life?

52 out of 52 answered

## 6.1 Average rating



Despite how good your culture may or may not be, what is holding it back from evolving further in the organization:

52 out of 52 answered



# THE SCIENCE

# MULTITASKING

**It drains energy reserves of your brain.** We don't actually do more than one activity at once, but quickly switch between them. It uses up oxygenated glucose in the brain, depleting capacity to focus. (Levitin, 2016)

**Men were 8% slower and less organized than women** when switching rapidly between tasks in tests by UK psychologists. Both sexes struggled to be efficient with juggling priorities, but men suffered more. (Psych Journal & BBC News, 2013).

**Solo tasking increases creative thinking** and a study of several thousand people with fragmented days, ongoing interruptions and constant interaction with others, showed significantly lower levels of creative thinking. (Harvard Business School 2016)

# PRESENCE

In each moment

# THE SCIENCE

Higher satisfaction is found in solo tasking and being present.

Studies showed that **solo tasking could increase productivity by up to 40%**. (American Psychological Association 2011)

**Focused attention can reduce emotional stress.** After eight weeks of mindful attention through meditation training, the amygdala was 35% less activated (in MRI scans). (Harvard Gazette 2018)

**Being present helps differentiate unique streams of awareness and disentangle our minds** from ruminative thoughts, repetitive destructive emotions, and impulsive and addictive behaviors. This study helped subjects distinguish the "narrative chatter" of baseline states from the ongoing sensory flow of here-and-now experience. (Norman Farb Toronto 2018)

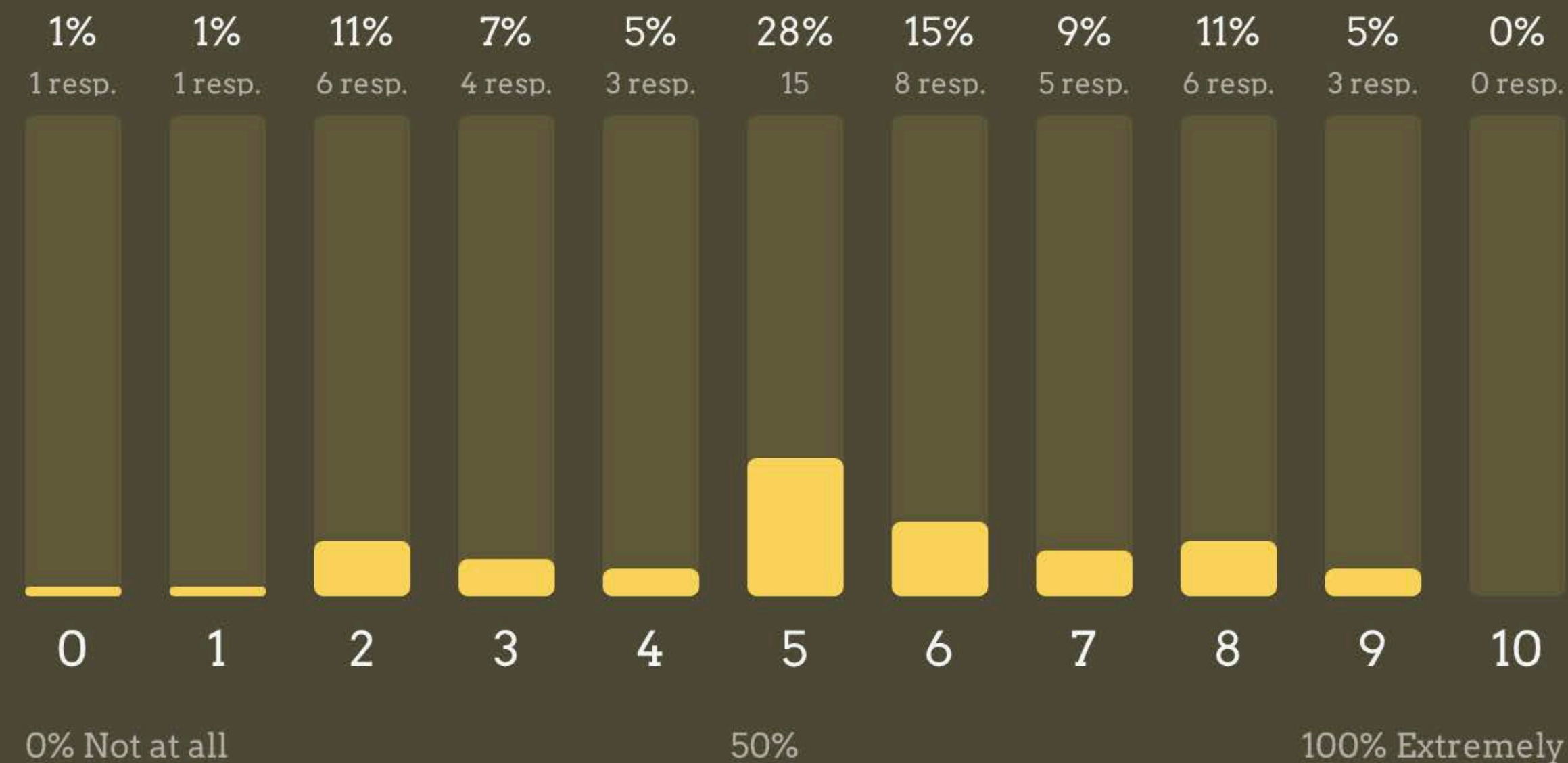
# MULTITASKING

# MAKE TIME TO REST

## My ability to rest, relax, and unplug from work while at the Circle of Distinction gathering?

52 out of 52 answered

### 5.2 Average rating



SHIFT

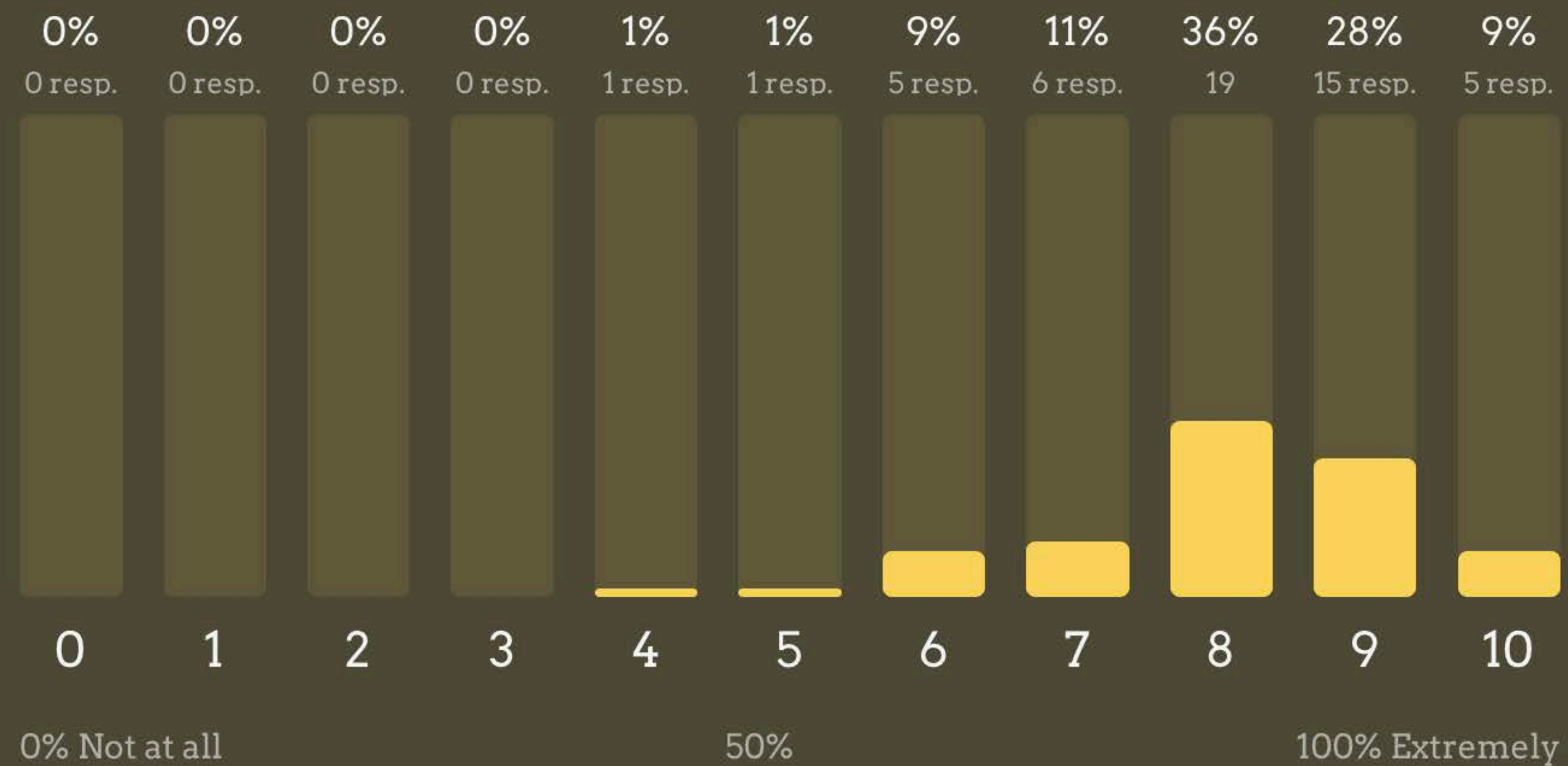
**3.) CONCEALING TO REVEALING**

# CONCEALING EMOTIONS

What percentage of the time do you open up to your customers, telling them the truth?

52 out of 52 answered

8.0 Average rating



Despite how good your culture may or may not be, what is holding it back from evolving further in the organization:

52 out of 52 answered



# CONCEALING EMOTIONS





# THE SCIENCE

Unexpressed emotions don't go away, they get stored in your body.

**Emotional memory is stored in many places in the body, not just in the brain.** A feeling sparked in our mind-or body-will translate as a peptide being released throughout organs, tissues, skin, muscle etc. and all have peptide receptors on them to store emotional information. (Candace Pert PhD 1999)

**Lying requires a lot of effort.** When you tell the truth, you simply remember what happens. When you lie you have to consider what you're trying to hide, figure out a believable version of the opposite, give a convincing performance to sell that lie, and then remember it for the rest of eternity so you never get caught. (Dachis 2012)

# CONCEALING EMOTIONS

# REVEALING EMOTIONS

Feel them in your body

# THE SCIENCE

**90% of top performers have high emotional intelligence** and those with high EQ and average IQ outperform those with highest IQs 70% percent of the time. (Bradberry, 2017)

**Emotions are not just a matter of the heart.** Recent advances in research have shown that they are also a result of brain biochemistry. (Sterrett, 2014)

**People who lived to be 100 years old were found to have high emotional expression** as a common trait, along with a positive attitude towards life. (Kato, et al., 2012)

A series of studies found that **writing about feelings is associated with better health outcomes** for breast cancer, asthma, and traumatic events. (Lu, et al., 2012, Smyth et al., 1999, and Pennebaker 1997)

# CONCEALING EMOTIONS

# REVEALING EXERCISE

# SELF-CARE AWARENESS

## APPRECIATE

Yourself and others

## PRESENCE

In each moment

## EXPRESS EMOTIONS

Feel them in your body

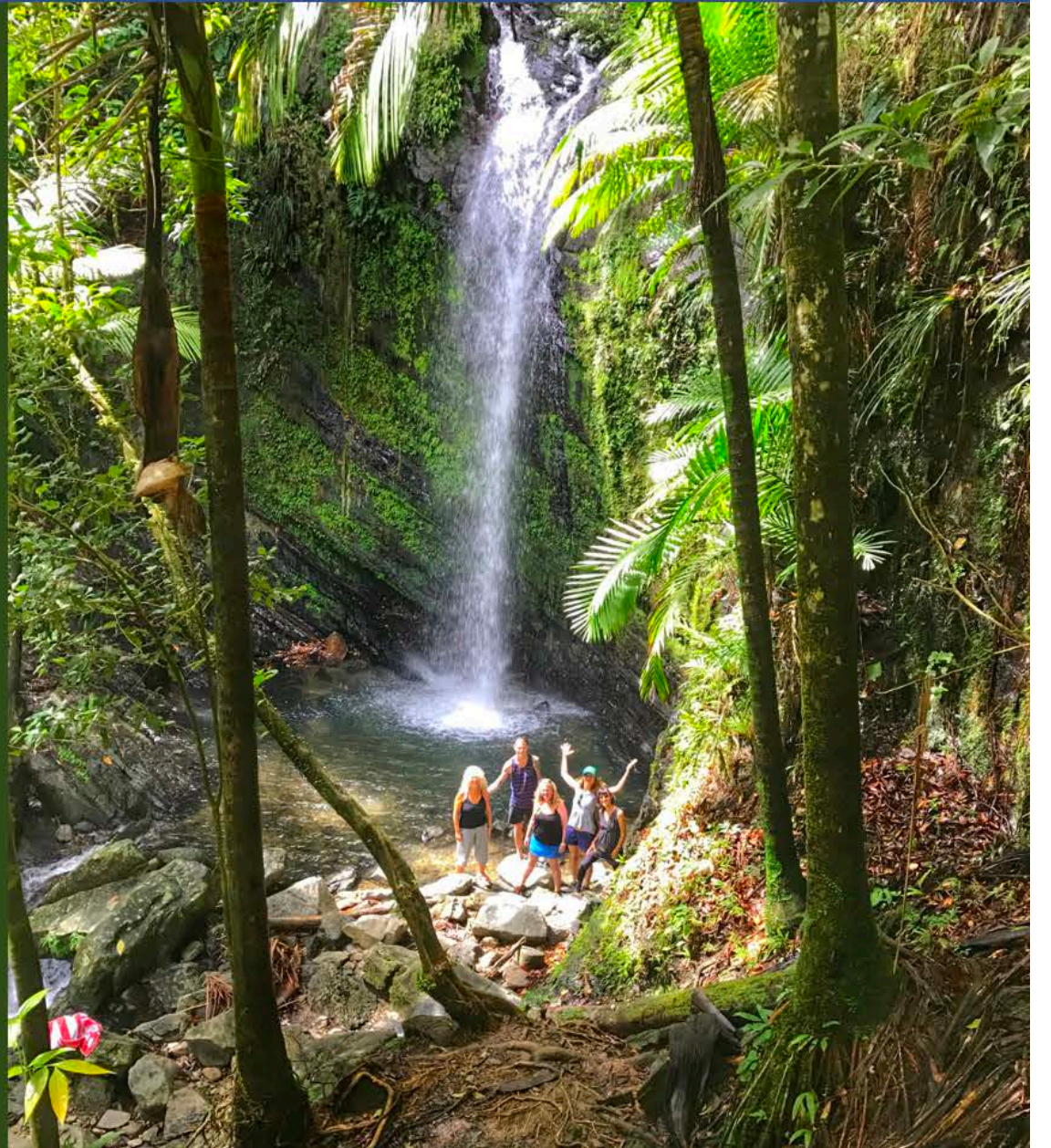




**CASA**

# ALTRNAVIDA

**RIO GRANDE**  **PUERTO RICO**



**ALTRNAVIDA.COM**  
 yancy@altrnavida.com