



Leadership Development

Anywhere, Anytime

Practical Tips for School Leaders – #48

November 2, 2020

Take Care of Yourself

As a follow-up to the tip I wrote last week on embracing your humanness, today I am reminding all leaders of a few steps to practice to ‘take care’ of yourself. The priority of a school leader is to take care of the people in your charge. The hesitancy to ask for help or show vulnerability is a normal outcome of a caring profession; making sure people know you can handle just about anything is natural to a leadership role. Being the face of calm in turbulent times can guarantee most followers will feel taken care of and safe. Leaders must refill their own buckets to guarantee the reservoir is full when needed. A few simple tips to reduce stress that will help you maintain balance:

- Get enough sleep
- Schedule quiet, alone time
- Be compassionate to your self
- Manage your time wisely; your role can be 24/7, be strategic
- Practice reflection
- Reach out routinely to colleagues who share the role; you are not alone
- Exercise
- Eat healthy
- Be aware of the voice inside your head and listen to your instincts
- Know when and how to say no
- Spend time doing something you love!

