**Practical Strategies for Self-Care and Implementing Mindful Leadership**

**Strategies to try:**

Practice Mindful Eating during lunch for the first bite and increase slowly

Silent alone for 5 minutes by yourself each day

Research shows that a mindful minute makes you more productive

Listen to music while doing the dishes, making the bed, etc.

Briefly pause before responding

Before a meeting, think about what your communication partner’s concerns may be

Prompt communication partners with “what” rather than “yes/no” questions

Try to smile “through the phone”

Follow-up with communication partners via phone to increase understanding

Reflect on conversations and think about how it could have been better if responses were different

Tallying your own and someone else's negative/positive interactions in one day

**Strategies to try for your staff:**

Write two thank you notes/say thank you with specific reinforcement twice per week

Send an email to staff with appreciation once per month

Use strategies in professional development to promote teamwork, communication, and laughter rather than only providing mandatory updates

Utilize an Operating Agreement

Use funny pictures or memes for laughing in the staff breakroom every quarter

**Strategies to try with team members:**

Use an action plan with accountability that helps everyone to see the purpose and expectation of a meeting or project

Utilize an Operating Agreement to minimizes judgement during meetings

Visit this webpage: [http://www.investigatinghealthyminds.org/cihmProjEducation.html#kindness](http://www.investigatinghealthyminds.org/cihmProjEducation.html)

For more specific information on the strategies listed, please contact Jennifer Furness, M.Ed.: [jfurness@pattankop.net](mailto:jfurness@pattankop.net)

**References:**

(Ambrose, Huston, & Norman, 2006; Black, 2010; Boone & Makhani, 2012; Cerit, 2009; EL-Amin, 2013; Fullan, 2011; Greenleaf, 1977; Hall-Kenyon, Bullough, Mackay, & Marshall, 2014; Heifetz, Grashow, & Linksy, 2009; Jeon & Wells, 2018; Jury, Goh, Olsen, Elston, & Phillips, 2010; Levin, 2015; Lumsden, 1998; Mackenzie, 2007; Minor, Wells, Lambert, & Keller, 2014; Moloney, 2009; Rivkin, Dietsel, & Schmidt, 2014; Schelvis, Hengel, Wiezer, Blatter, Van Genabeck, Bohlmeijer, & Van der Beek, 2013; Stewart-Banks, Kuofie, Hakim, & Branch, 2015; White, 2014)