Real STRength

Leading Well in Public Service

Sarah G. Draper



Leading
Well
Strategies












MOUNT RAINIER
NATIONAL PARK







AGENDA

Stress

Real STRength

- State
- Trait
- Relate

Integrate

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Reality Check

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We all have our things.

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Well
Strategies



Leading
Well
Strategies


Leading
Well
Strategies


Leading
Well
Strategies


Leading
Well
Strategies


Leading
Well
Strategies

STRESS

Leading
Well
Strategies

I) not all stress is bad

Leading
Well
Strategies

I) not all stress is bad

&

II) not all stress is big

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Strategies

not all stress is bad or big...



...but
you may still need
to downregulate

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Attention

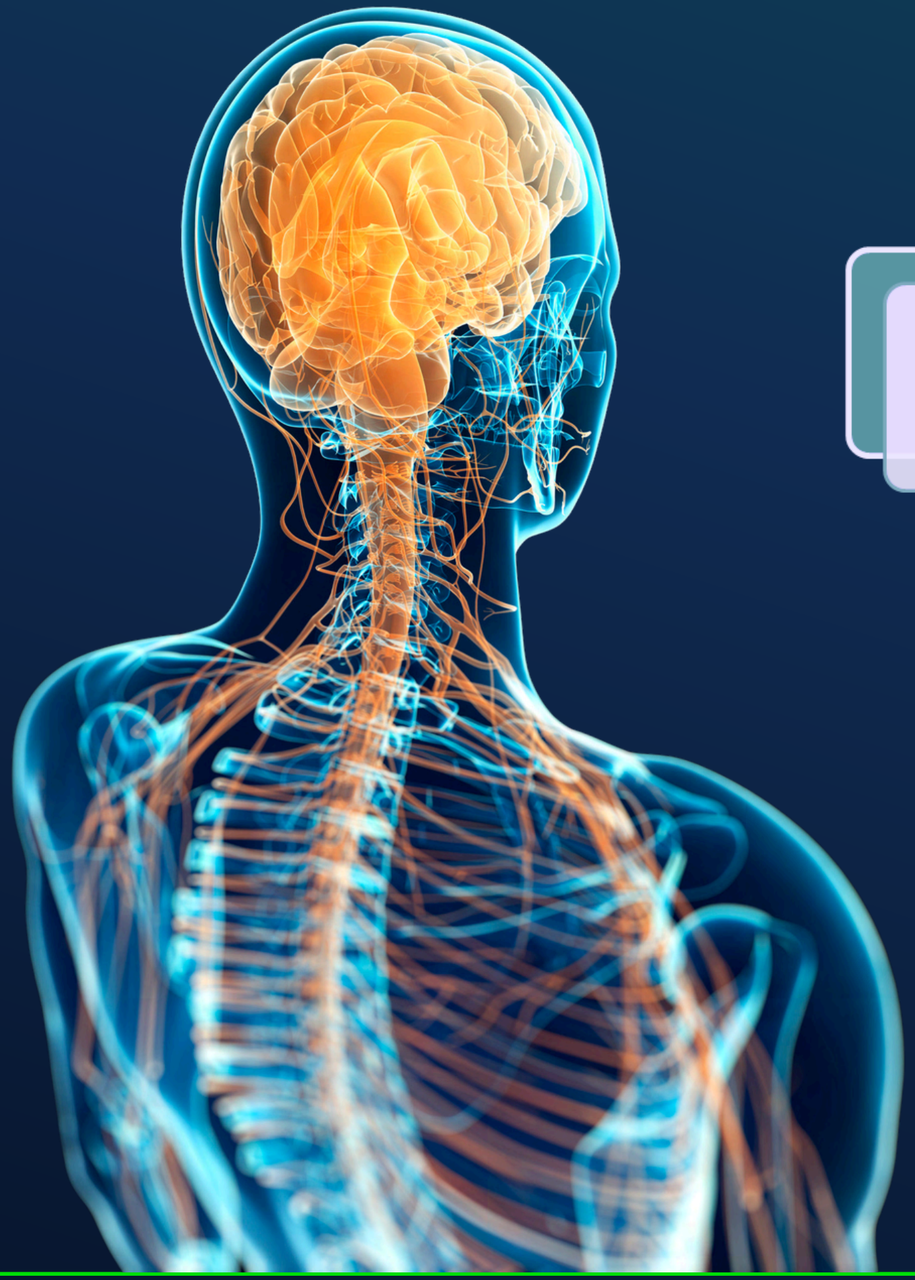
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Attention

+

Intention

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- Nervous System
  - Central Nervous System
  - Peripheral Nervous System
    - Somatic
    - Autonomic
      - Sympathetic
      - Parasympathetic

Leading Well Strategies



Sympathetic

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What does this feel like?

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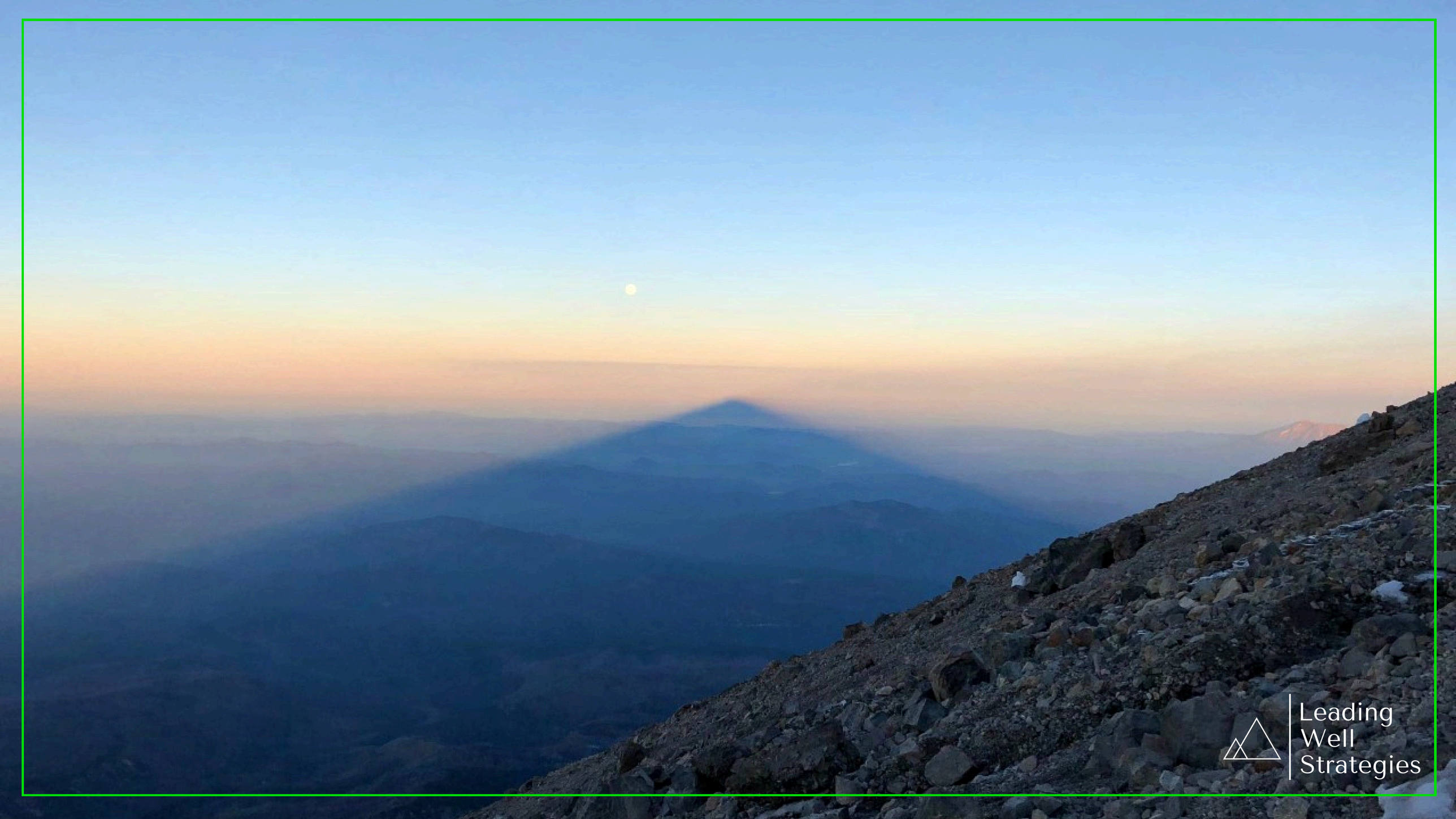


Parasympathetic

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What does THIS feel like?

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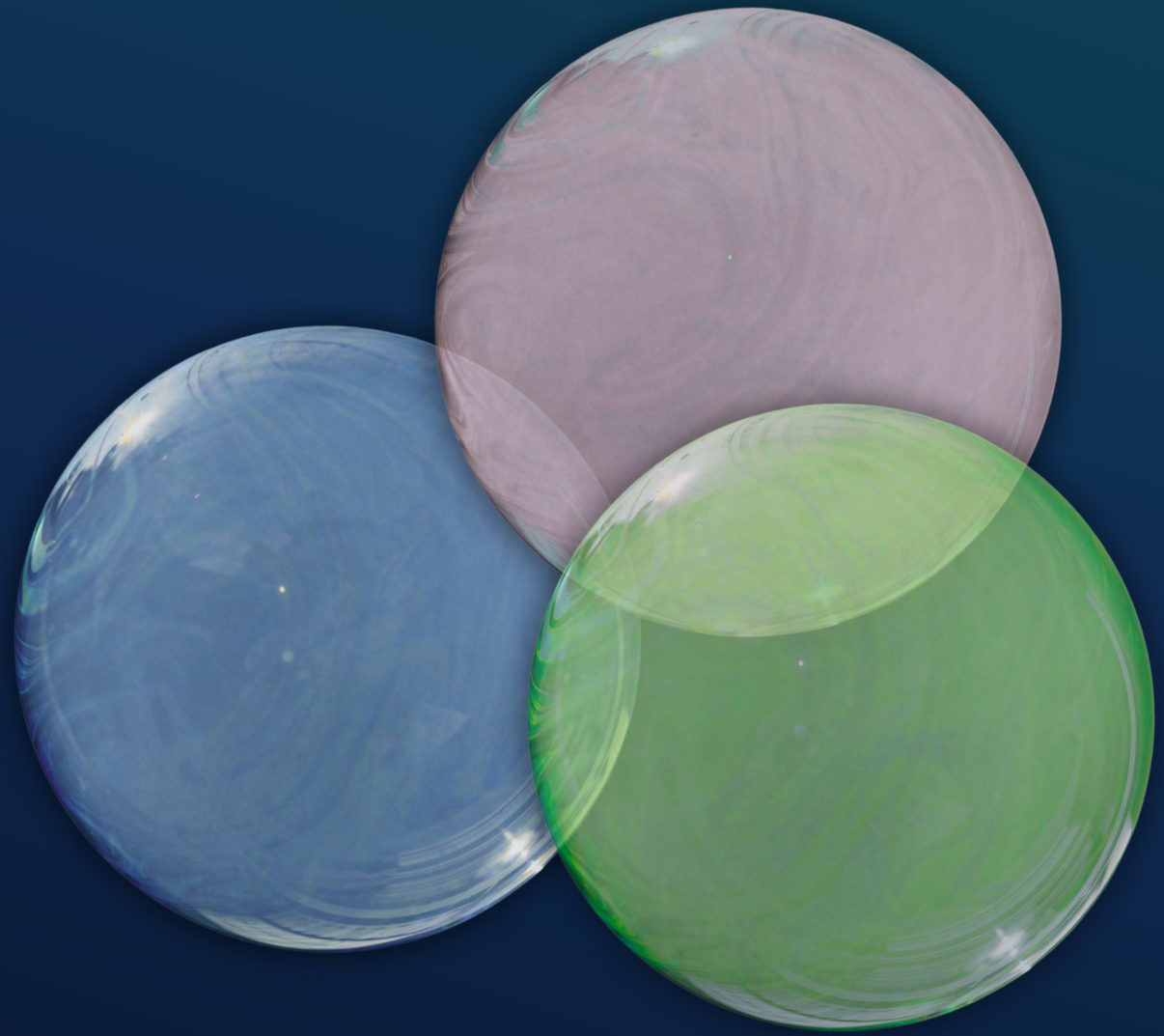

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I

REAL STRENGTH

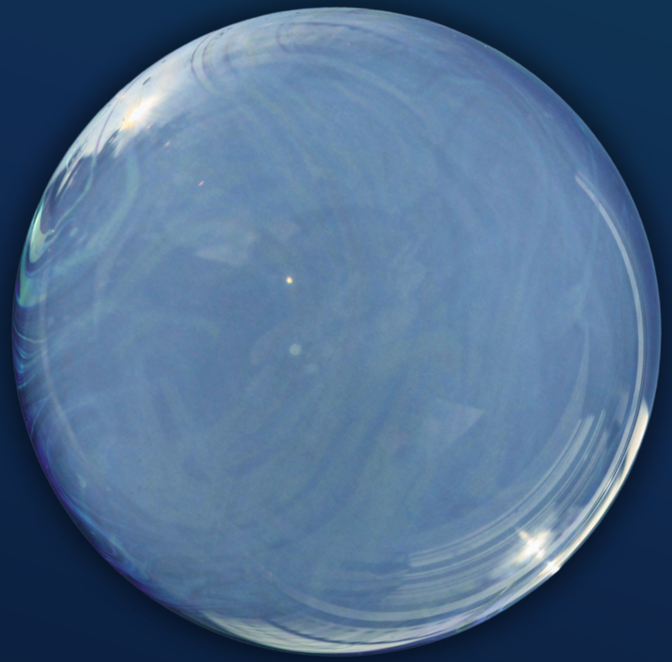


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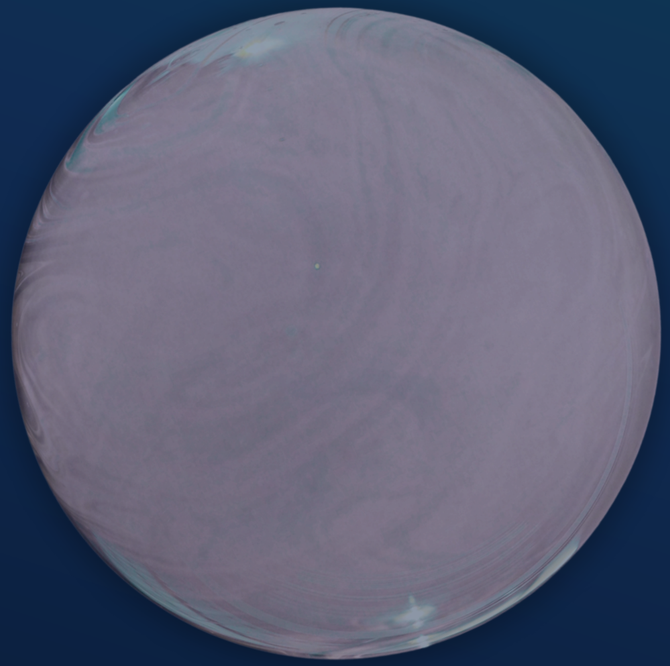
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Regulate your STATES



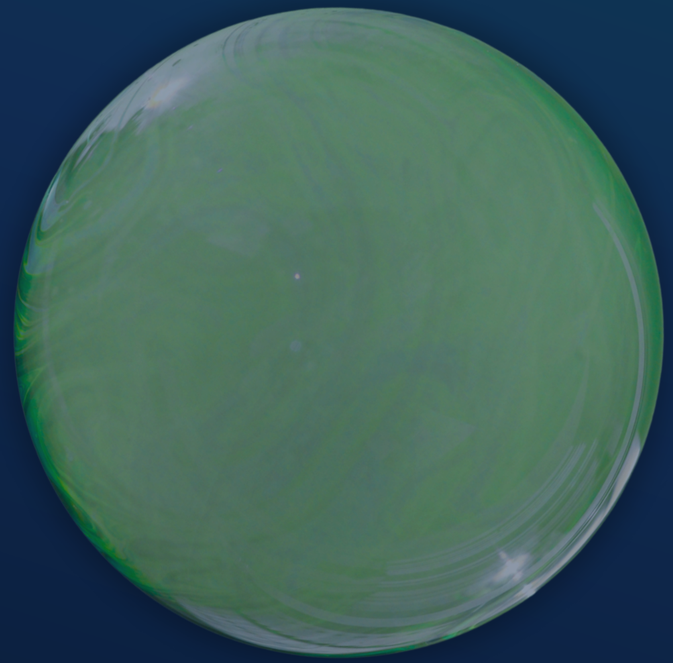
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Cultivate your TRAITS

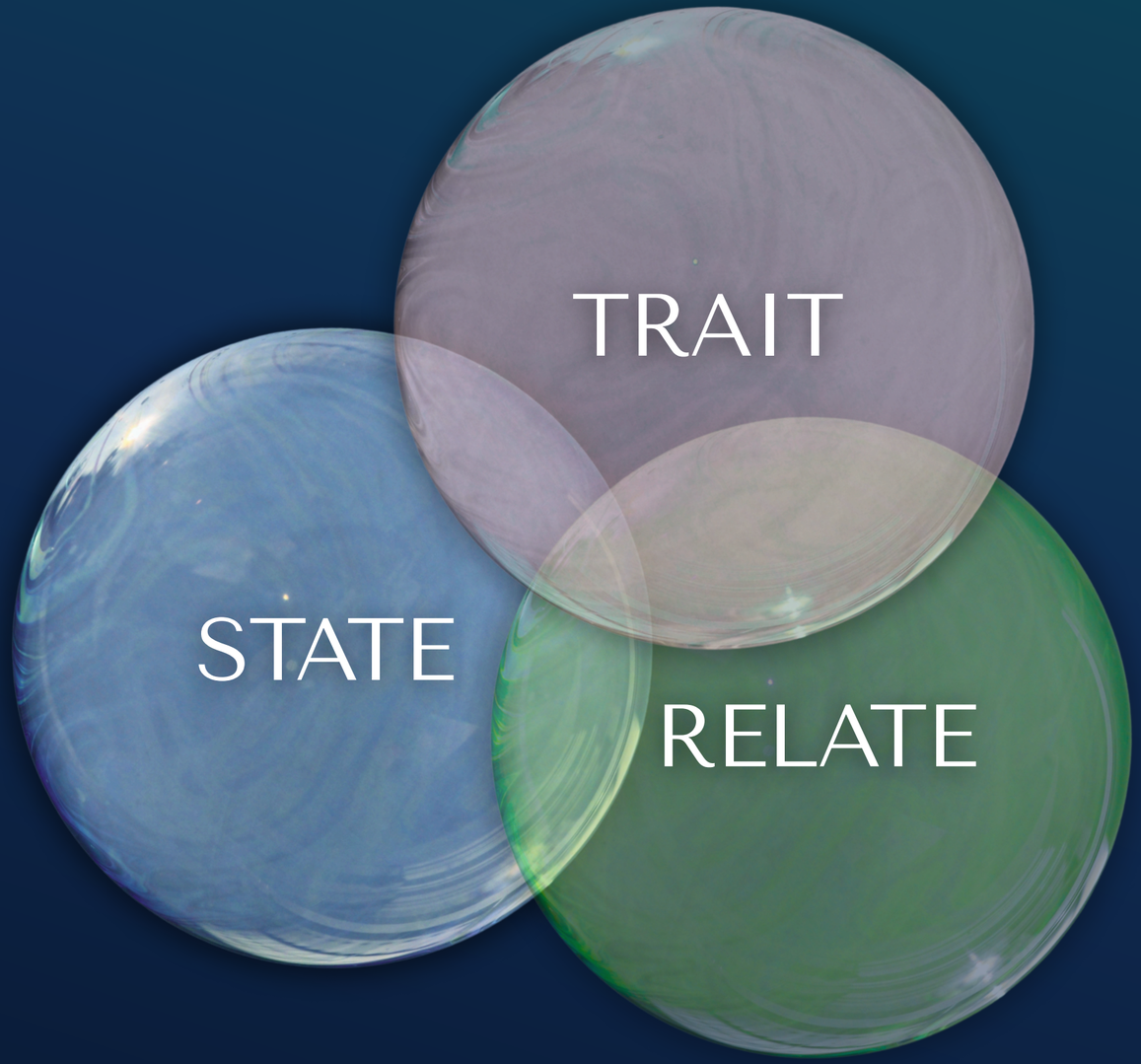


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Elevate how you RELATE



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II
STATE
How you are



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Two Parts

Foundational wellness
(build capacity)

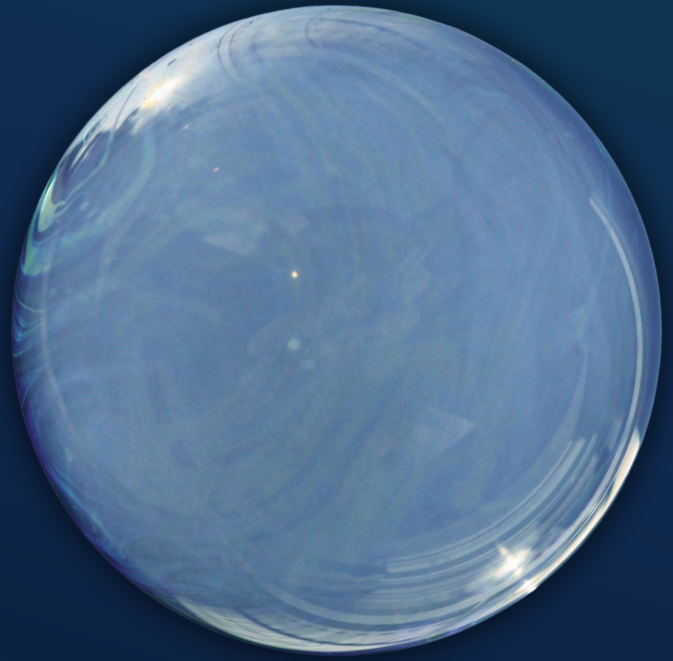
Physiological regulation
(in-the-moment)

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STATE Regulation
In-the-moment



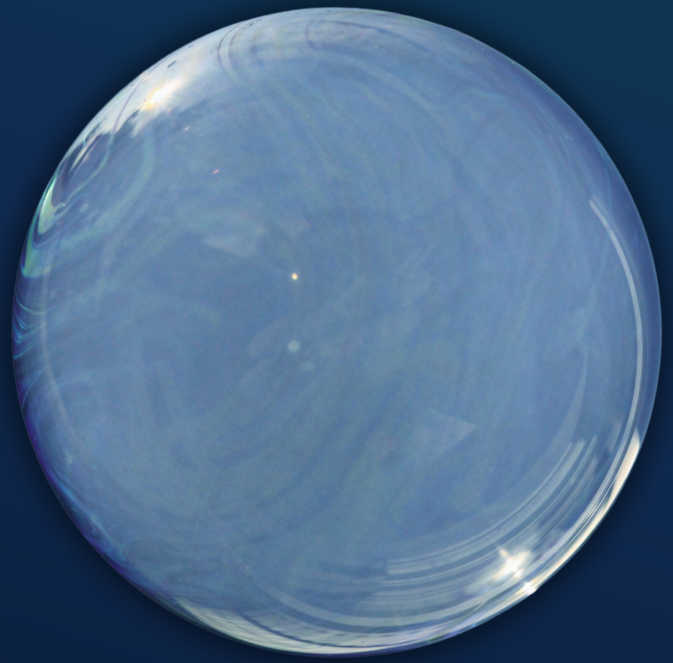
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Regulate your STATE

breathwork

posture

panoramic vision



yoga nidra

cold / heat exposure

sound

movement

light timing

nature

Leading Well Strategies

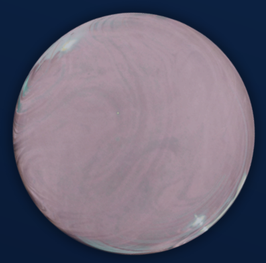
Attention

+

Intention

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BREATHWORK

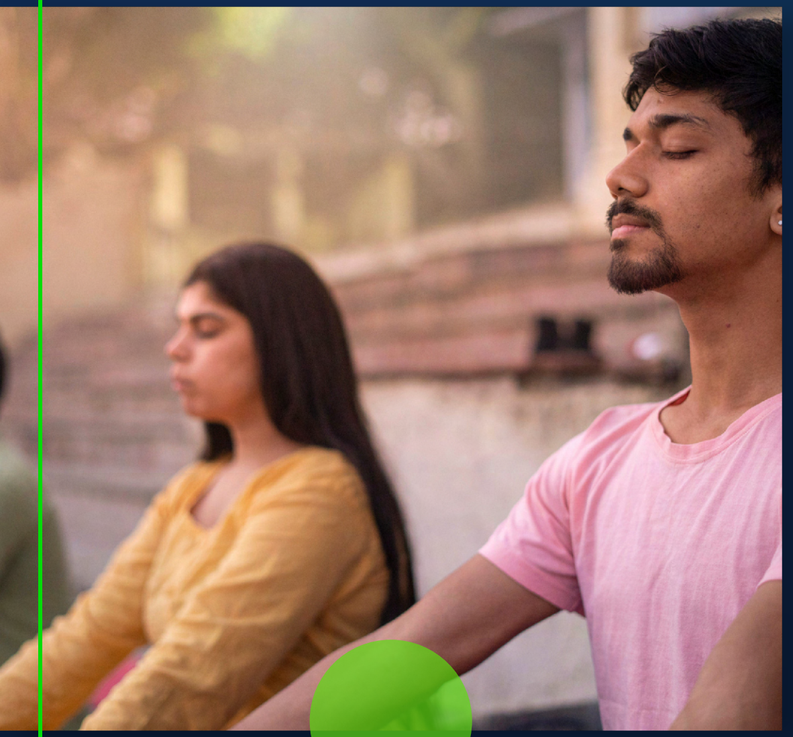


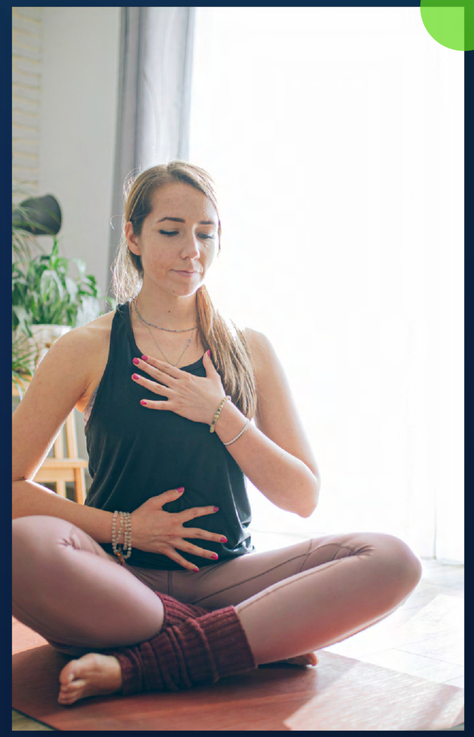
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BREATHWORK BENEFITS

- Reduce symptoms associated with anxiety, insomnia, and depression
- Greater immunity, relief from chronic pain, recovery from injury
- Available anytime

Leading Well Strategies





FORM

- Diaphragmatic
- Nasal

Leading Well Strategies

Real-Time Breathwork

- Box Breathing
- Calm Focus
- Energizing
- Physiological Sigh



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BOX BREATHING

inhale - 4

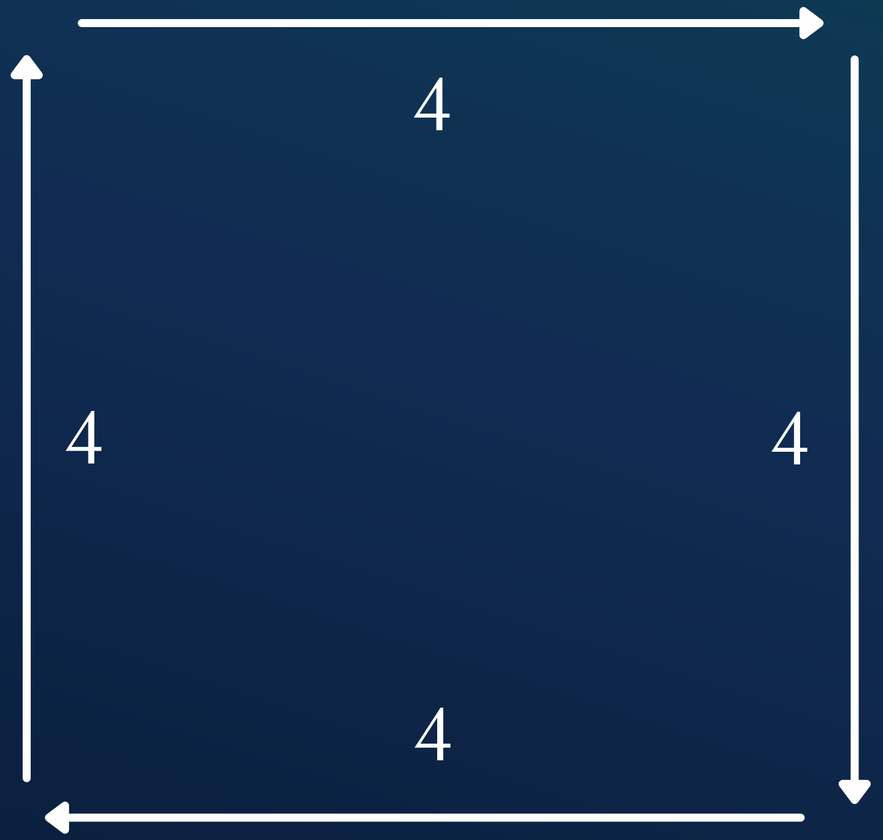
hold - 4

exhale - 4

hold - 4



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CALM / FOCUS

inhale - 4

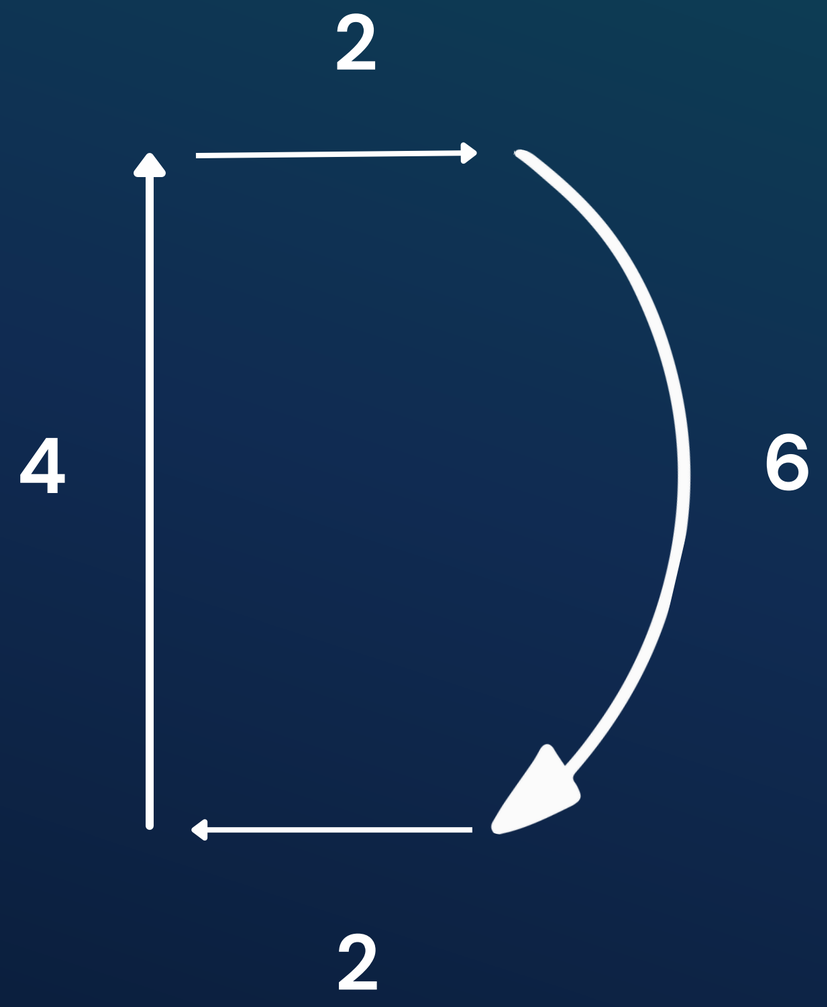
hold - 2

exhale - 6

hold - 2



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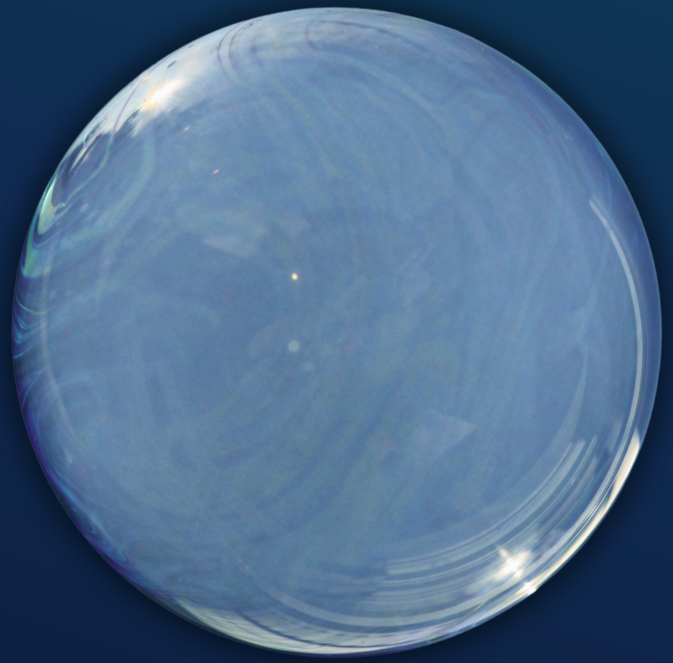
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Strategies

Regulate your STATE

breathwork

posture

panoramic vision



yoga nidra

cold / heat exposure

sound

movement

light timing

nature

Leading Well Strategies

III
TRAIT
Who you're becoming



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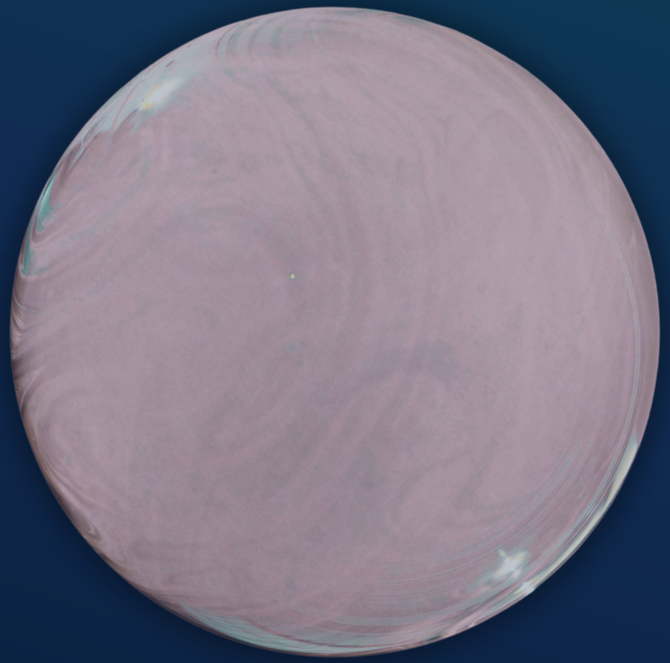
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Cultivate your TRAITS

mental health

gratitude

EFT (tapping)



self-hypnosis

meditation

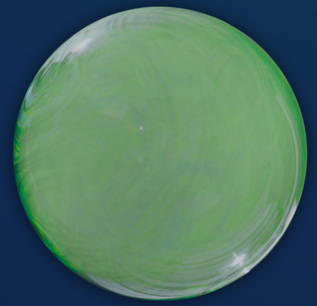
journaling

growth & learning

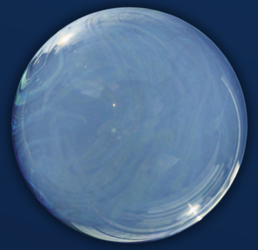
mood tracking

strengths

Leading Well Strategies





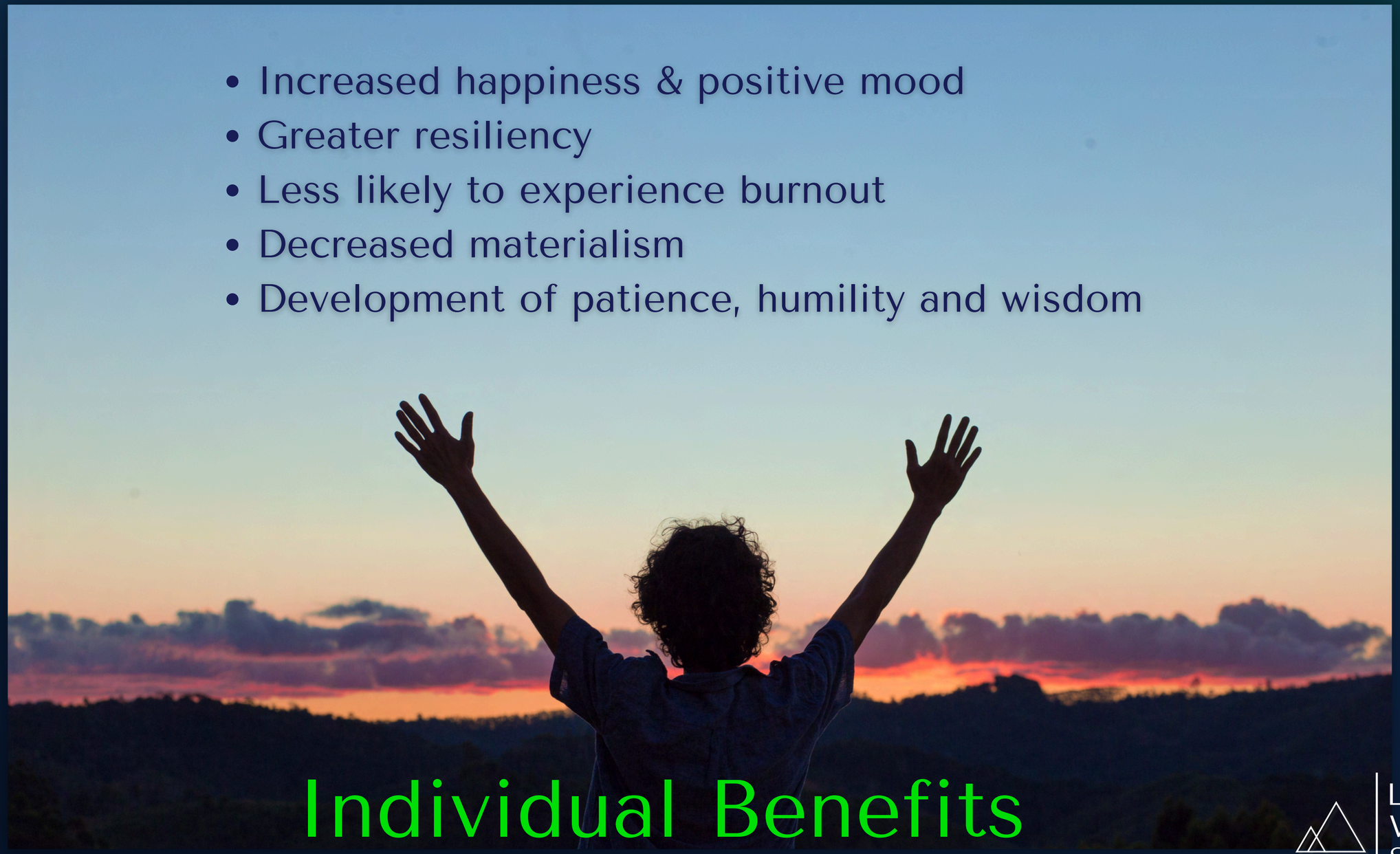


GRATITUDE

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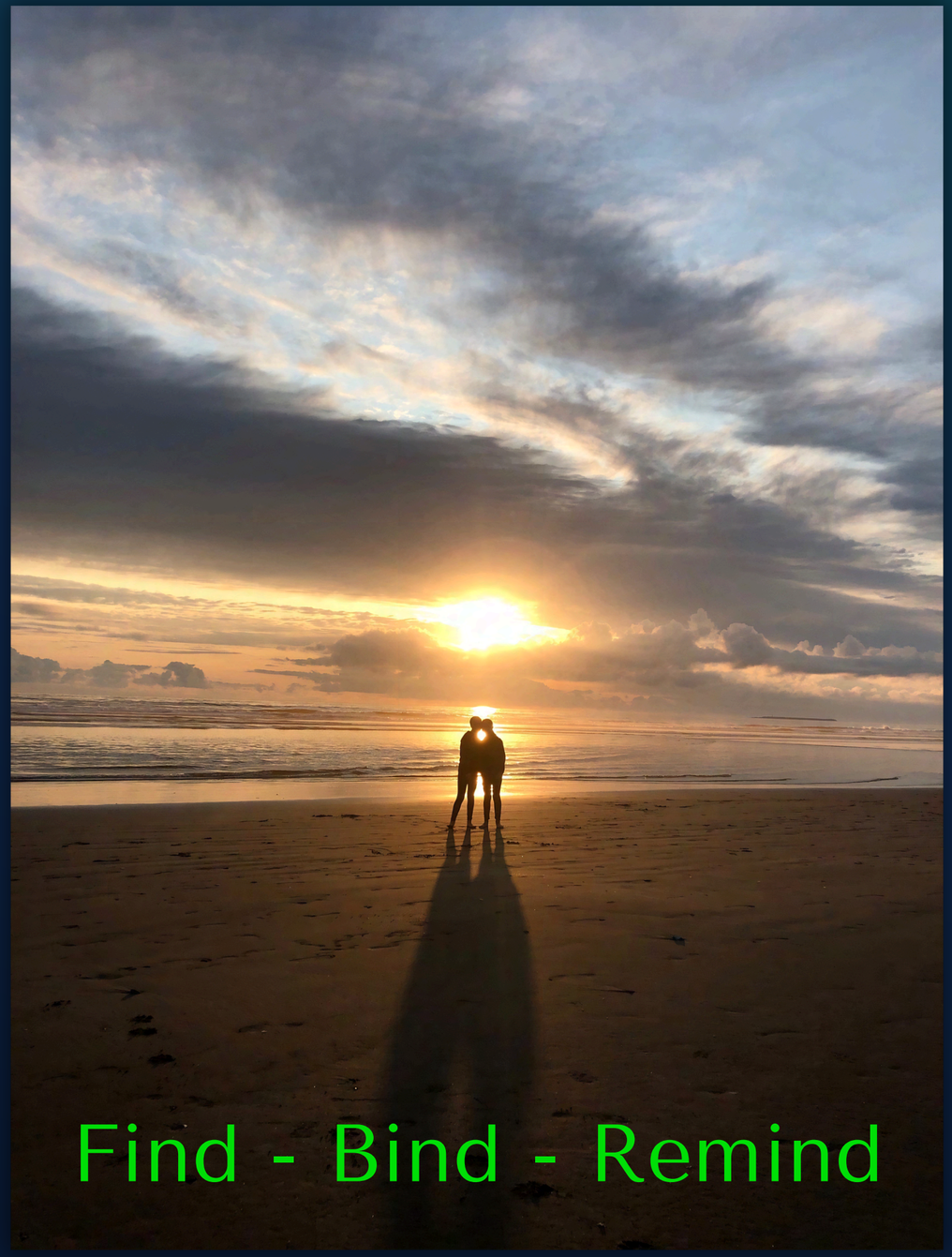

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- Increased happiness & positive mood
- Greater resiliency
- Less likely to experience burnout
- Decreased materialism
- Development of patience, humility and wisdom



Individual Benefits

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Physical Health

- Heart disease study: high on gratitude orientation = better moods, better sleep, lower fatigue, less cellular inflammation
- Gratitude diary = better sleep and lower BP
- Grateful people reported better physical health

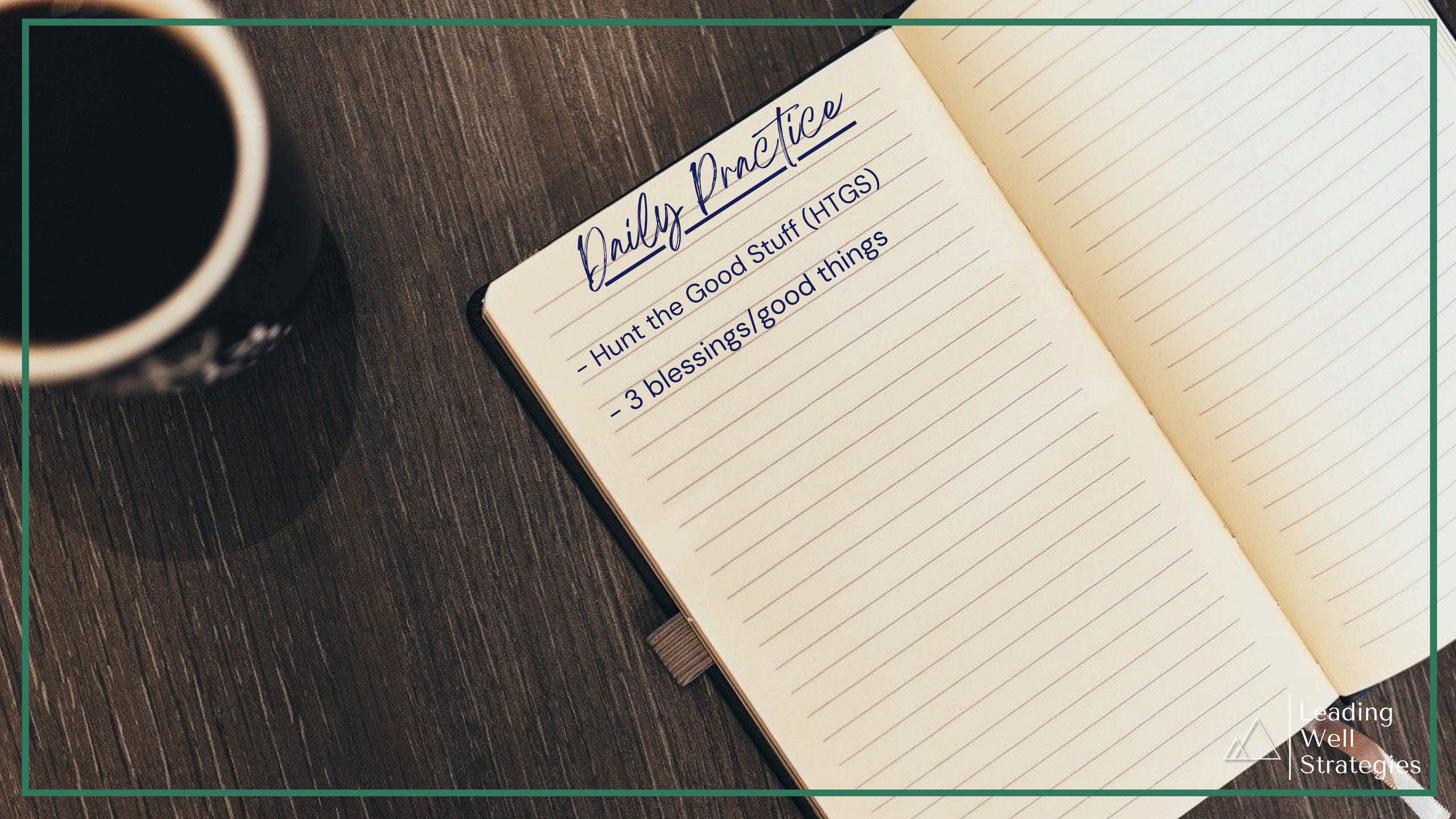


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Mental Health



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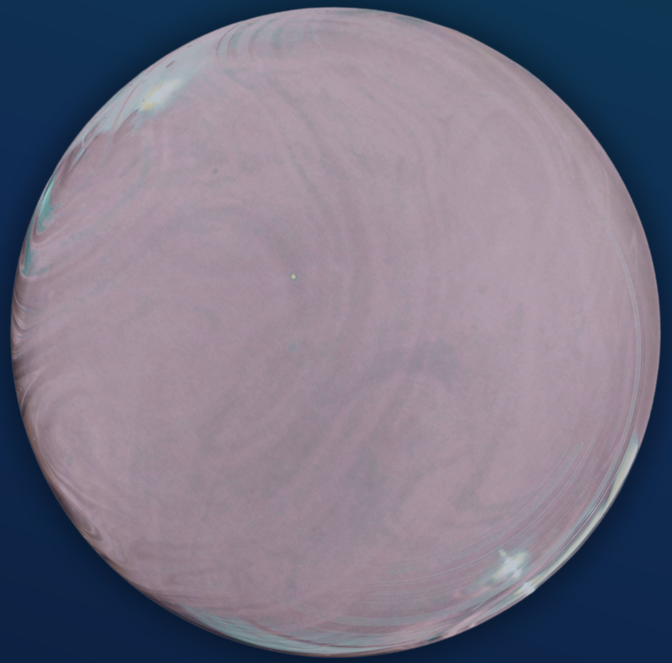

Daily Practice
- Hunt the Good Stuff (HTGS)
- 3 blessings/good things
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Cultivate your TRAITS

gratitude

mental health

EFT (tapping)



self-hypnosis

meditation

journaling

growth & learning

strengths

mood tracking

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IV
RELATE
Why



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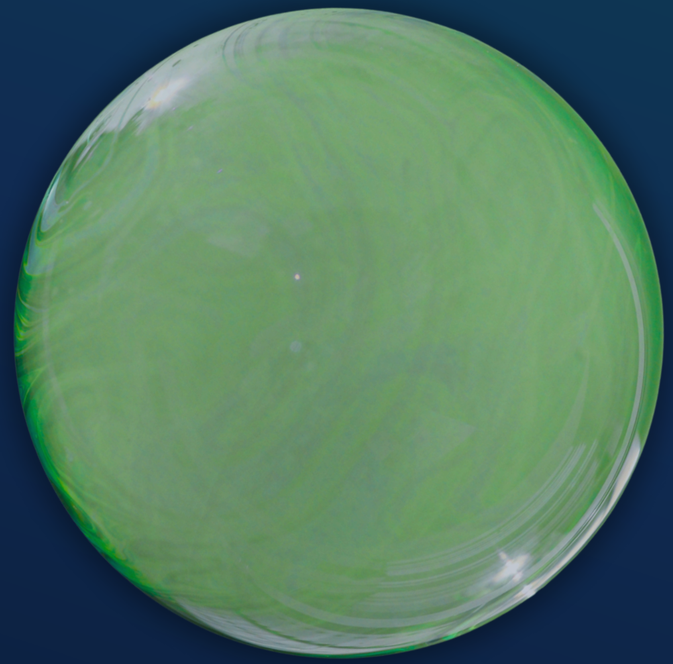
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Elevate how you RELATE

relationships

purpose &
meaning

communication



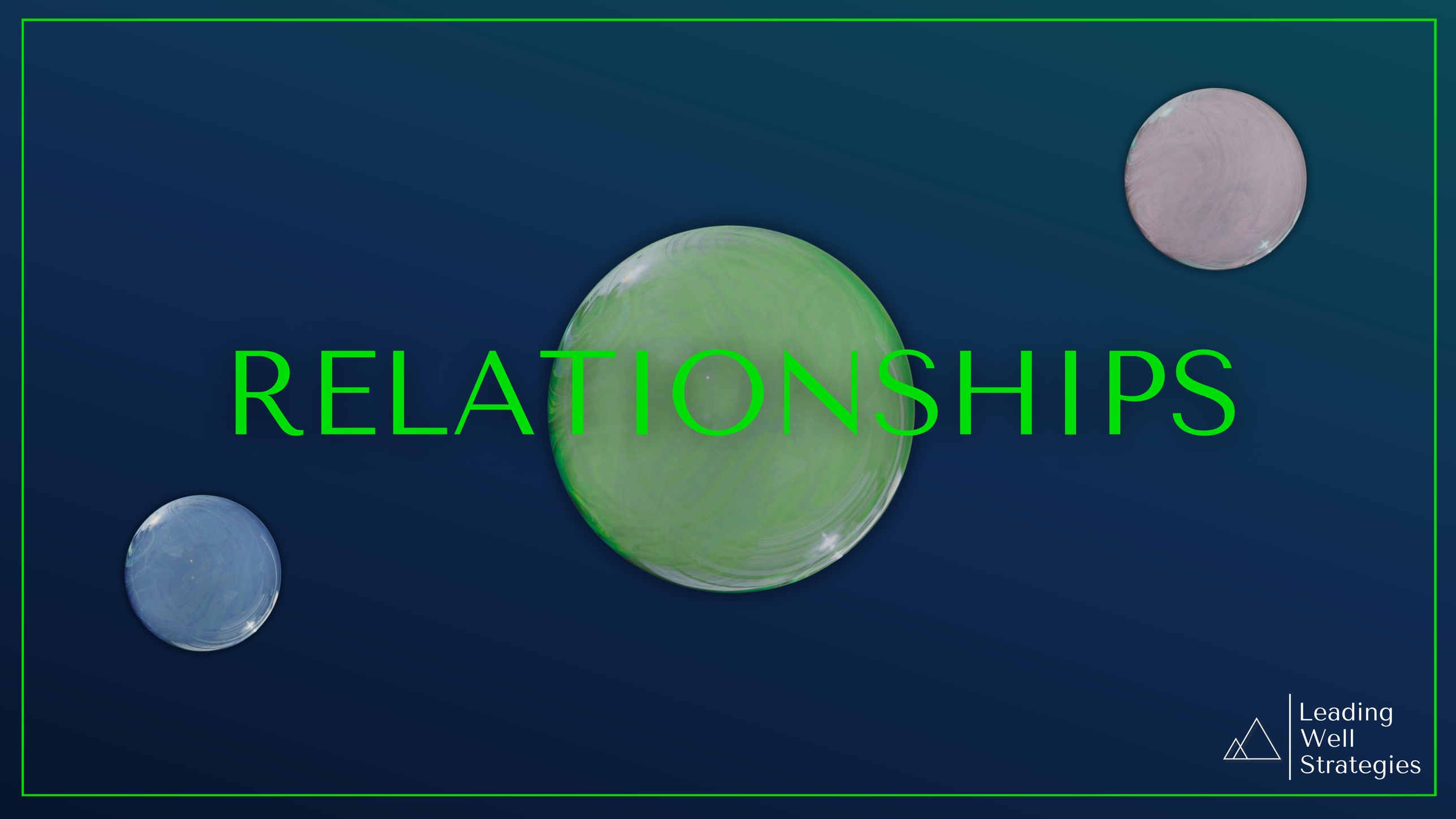
psychological
safety

mantra

emotional
intelligence

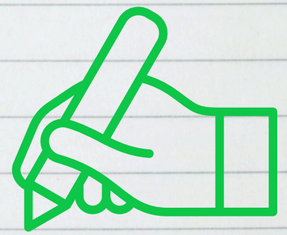
values

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RELATIONSHIPS
Leading
Well
Strategies

Who is in your corner?

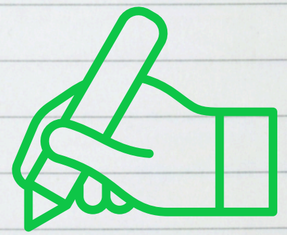
- Who in your life - at work, at home, in your community - is genuinely in your corner?
- What makes those relationships feel that way?
- What do you bring to them?



Leading Well Strategies

Who is in your corner?

- Who in your life - at work, at home, in your community - is genuinely in your corner?
- What makes those relationships feel that way?
- What do you bring to them?



- What is ONE thing you'll do to strengthen a relationship

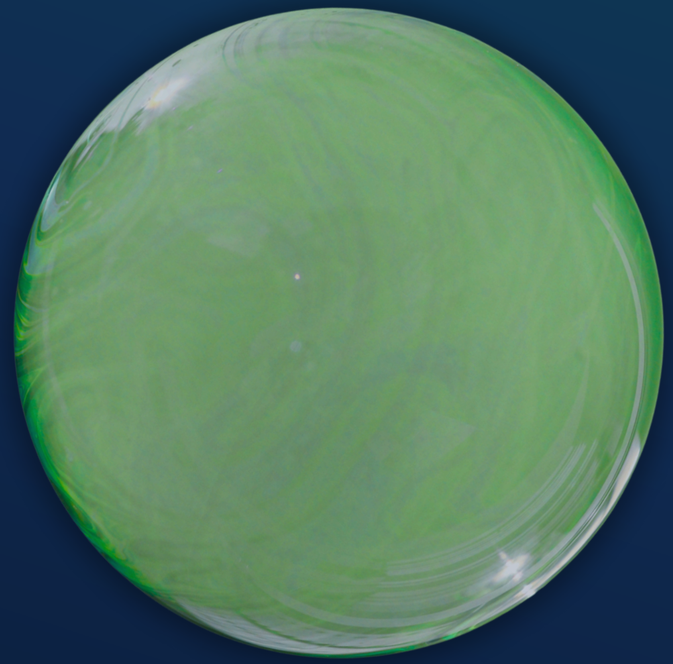
Leading Well Strategies

Elevate how you RELATE

relationships

purpose &
meaning

mantra



communication

psychological
safety

values

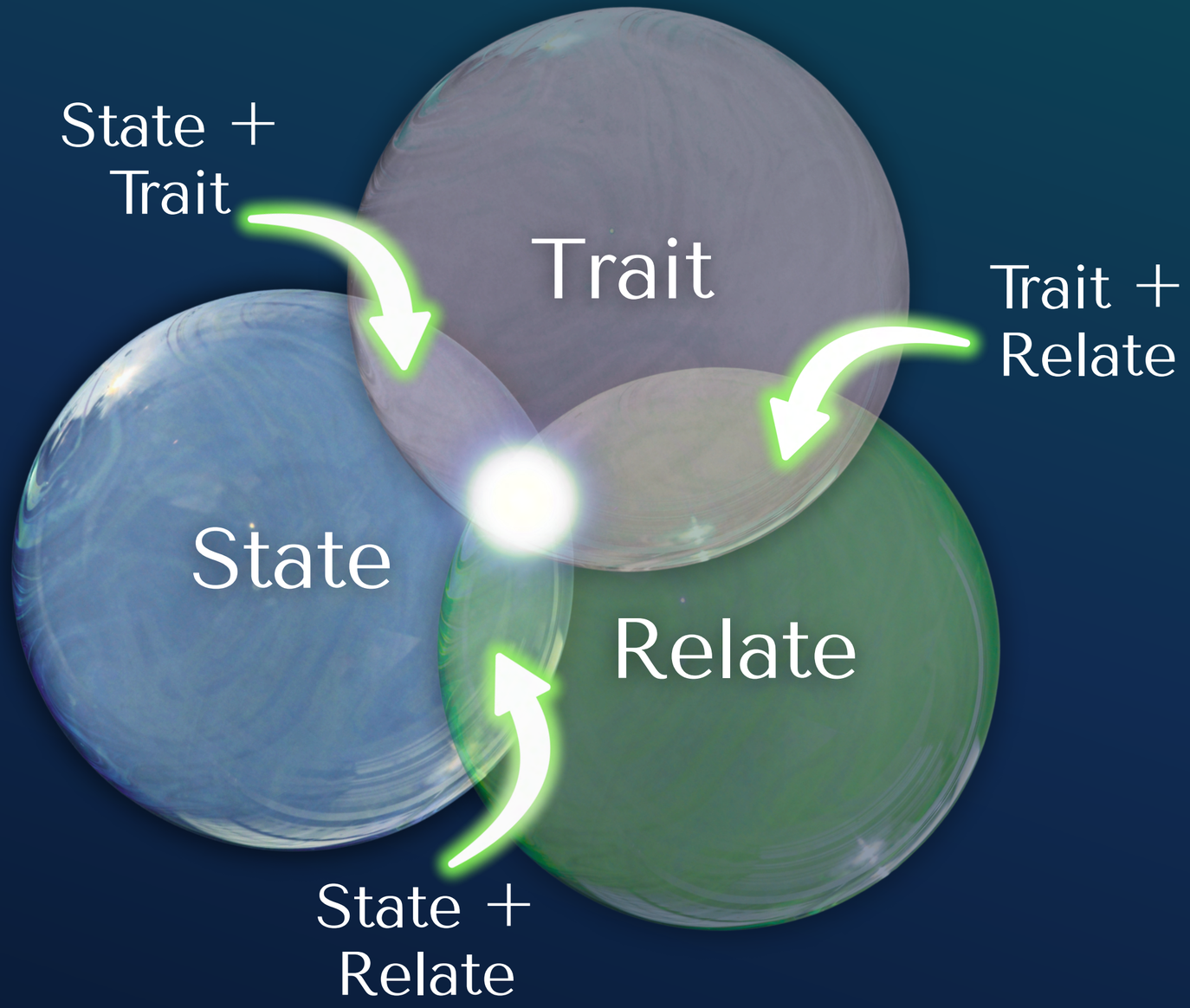
emotional
intelligence

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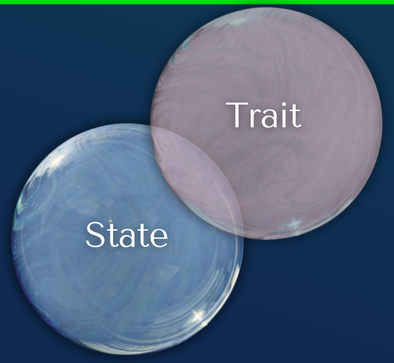
V
INTEGRATE



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Think STRength Integration

1 thing you already do + 1 new practice

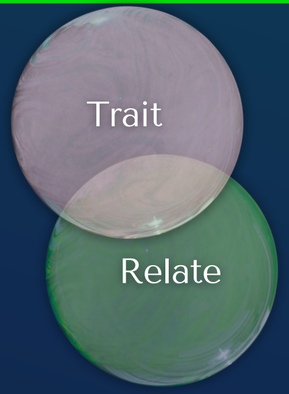
STATE + TRAIT

Finished exercising?
➡ Add 5 minutes of meditation afterwards.

Ready for bed?
➡ Journal something good from your day.

Walking outside?
➡ Notice 3 things you're grateful for.

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Think STRength Integration

1 thing you already do + 1 new practice

TRAIT + RELATE

Talked with a mentor?

➡ Send them a text about 1 thing you'll do.

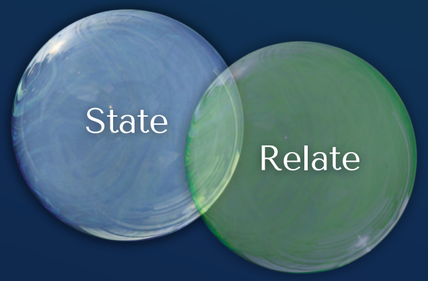
Have a tough conversation coming up?

➡ Do a 5 minute meditation.

About to give a big presentation?

➡ Think about 3 of your strengths.

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Think STRength Integration

1 thing you already do + 1 new practice

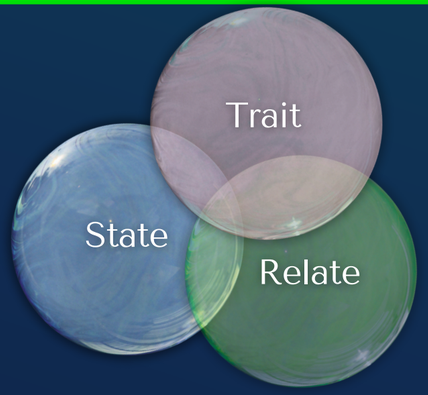
RELATE + STATE

Have dedicated family time?
➡ Take it outdoors one evening.

Need to bring up something difficult?
➡ Short walk first to decide how you'll be.

Time for informal check-in?
➡ Walk while you talk.

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Think STRength Integration

1 thing you already do + 1 new practice

STATE + TRAIT + RELATE (The Sweet Spot)

Walk and talk about goals with a partner or peer.

Group breathwork or meditation session.

Outdoor service project.

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Final Reflection

- What's one thing you're taking away personally?
- What's one thing you're taking away professionally?

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Heart-Focused Breathing™
Heart-Math Institute


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Real STRength Podcast

Leading Well Newsletter

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