

## » Take Care of Yourself



Can you recall hearing a flight attendant explain the oxygen procedures and instructing you to start with yourself – to put your oxygen mask on first so that you can help others? Well the same goes for taking care of yourself in your day-to-day life. If you want to be there for others, to lead others, you need to start with your own **well-being**.

Richie Davidson outlined the components of well-being in his contribution to the World Happiness Report in 2015: **Resilience, Positivity, Attention (Awareness) and Generosity**. Richie's work is based on neuroscience and the plasticity of the brain. We can wittingly rewire our brains! If we want to recover from adversity quicker (Resilience) or savor the good in life more (Positivity) or be more in the moment (Attention) or share our good fortune with others (Generosity), we can train our brains to do that.

You may wonder how well-being fits with one of my favorite topics - leadership. More and more, my coachees want help with feeling better, reducing their stress, alleviating their burnout, and finding more enjoyment out of their work. We live in a 24/7 world with constant grabs at both our attention and energy and *that's not going to change*. What can change is your relationship to this reality.

I was working with an executive who was feeling totally overwhelmed and couldn't find any enjoyment in her work. After a few weeks of tracking her happiness level, she realized she was missing moments of awe in her life. You know, those times when you have feelings of wonder caused by something great around you.

We worked together to increase her attention and awareness so she could notice moments of beauty in everyday life. Her happiness ratings began to steadily increase. When we started together, she was seriously thinking of leaving her job. With the work she did in coaching, she found a new satisfaction and engagement in her work and she no longer had a desire to leave. The company had an engaged star employee and they didn't have to go through the cost and time of finding a person who could fill her shoes.

So here's hoping you have a 2020 filled with Resilience, Positivity, Awareness and Generosity.

