

Leadership Self-Care Handout

Caring for myself is not self-indulgence, it is self-preservation...

Why Self-Care Matters for Leaders As a leader, your well-being directly impacts your effectiveness and the success of your team.

Prioritizing self-care helps you manage stress, maintain emotional resilience, and make better decisions. Use this handout as a guide to integrate self-care into your leadership routine.

Key Self-Care Strategies for Leaders

1. Set Boundaries: Protect your personal time and avoid overworking.
2. Prioritize Physical Health: Exercise, eat well, and get enough sleep.
3. Practice Mindfulness: Use meditation or deep breathing to stay present.
4. Engage in Continuous Learning: Keep growing professionally and personally.
5. Build a Support Network: Surround yourself with mentors and trusted advisors.
6. Delegate Effectively: Avoid micromanaging and trust your team.
7. Take Breaks: Schedule downtime to recharge mentally and physically.
8. Reflect and Reassess: Regularly evaluate your stress levels and adjust your habits.

Daily Leadership Self-Care Checklist

- ☐ Did I take breaks today?
- ☐ Did I get at least 7 hours of sleep?
- ☐ Did I move my body (exercise or stretch)?
- ☐ Did I eat healthy meals and stay hydrated?
- ☐ Did I read my bible, pray, sit in stillness/quiet my mind ?
- ☐ Did I delegate tasks effectively?
- ☐ Did I connect with a mentor or peer for support/accountability ?
- ☐ Did I end my workday at a reasonable time?

Self-Reflection Questions

- What self-care habit do I need to prioritize more?
- How can I set better boundaries to protect my well-being?
- What stressors am I experiencing, and how can I manage them?
- Who can I lean on for support when I feel overwhelmed?
- What is one action I can take today to enhance my well-being?

Final Thoughts

Leadership is a demanding role, but taking care of yourself ensures that you can lead effectively and sustainably. Make self care a priority—not just for yourself, but for those who rely on you.



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