



Self- Awareness & Self-Care for HR Pros

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HR Answers



What We'll Cover Today

1. Why HR professionals need their own self-care plan
2. Self-Awareness – why start here?
3. 6 types of self-care and how to do them



<https://bit.ly/nnahraselfcare>



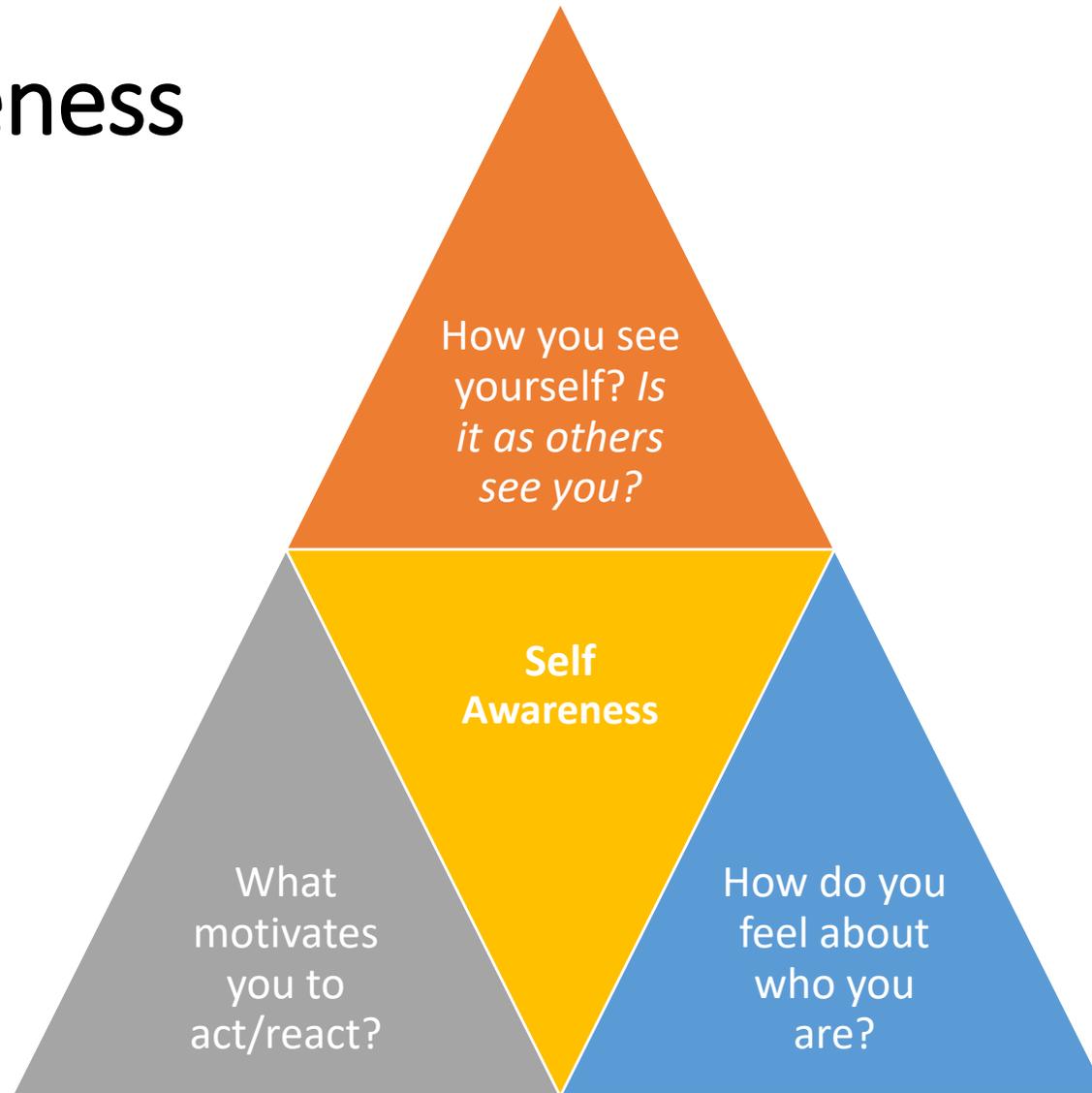
Starting with Self-Awareness

Self-Awareness

The ability to recognize, label and understand your own emotions.



The Self-Awareness Triangle



“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.” — Anna Quindlen

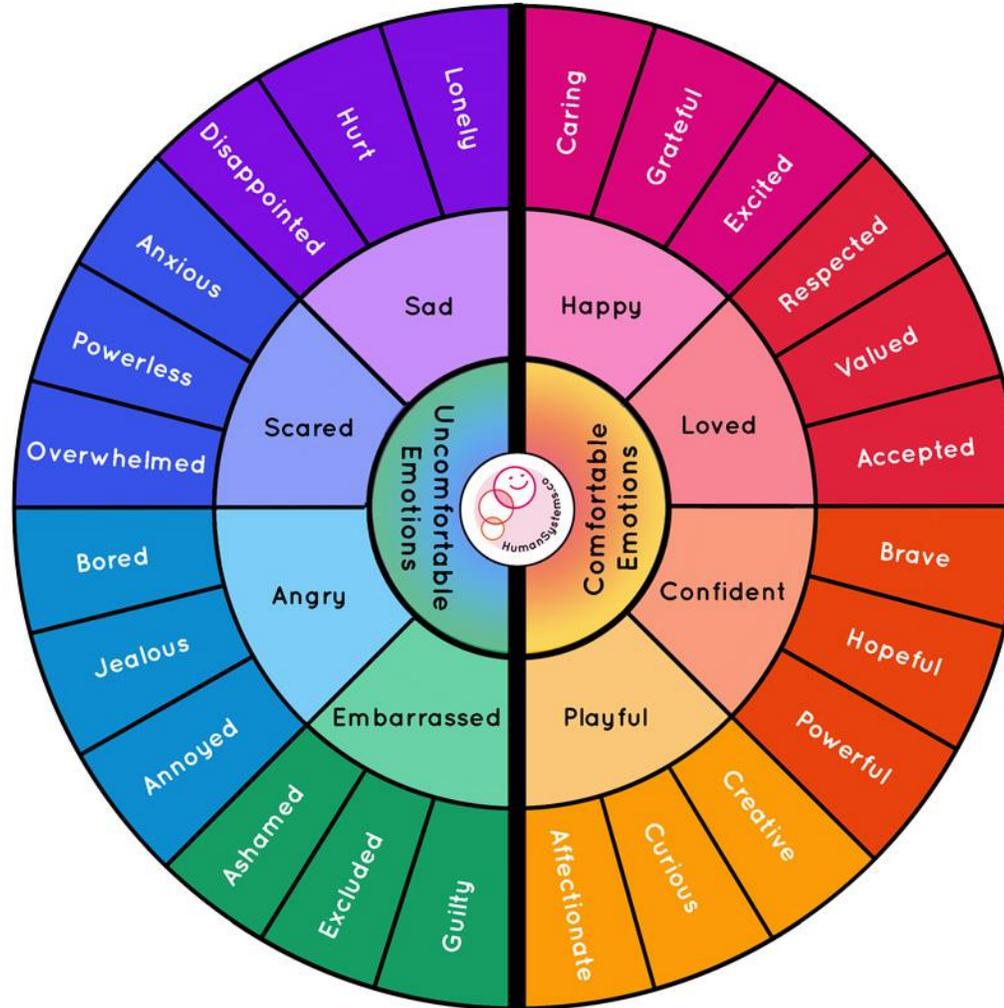


Questions We Must Ask Ourselves (And Answer Honestly)

- How well do I identify my own feelings?
- How comfortable am I telling others how I feel (in appropriate ways)?
- How well do I do monitoring and acting appropriately on my emotions?



Emotion Wheel I



Activity Time! **Let's Face It!**

Instructions:

1. Write the name of an emotion on a slip of paper.
2. Fold the paper and hold onto it.
3. Each table member takes turns "acting out" the emotion they wrote down
4. Other table members guess what emotion was being acted out.

Discussion Questions:

- How significant are facial expressions in conveying our emotions?
- What emotions are not easy to interpret?
- What emotions are the easiest to comprehend?

6 Types of Self-Care



A group of people are celebrating at night. In the foreground, a man and a woman are holding hands and looking at each other. They are surrounded by other people who are holding lit sparklers. In the background, there are several white balloons. The scene is dimly lit, with the primary light source being the sparklers and some ambient light from the background.

Social Self-Care

A photograph of two young women taking a selfie on a rooftop at sunset. The woman on the left is holding a smartphone high in the air, and both women are smiling and looking at the camera. The woman on the right has curly hair and is wearing a denim jacket. The background shows a cityscape with buildings and string lights hanging from above. The text "Focus on Connecting" is overlaid in the center of the image.

Focus on Connecting

Connect with
Others

1:00

“Behind the Mask” Questions

1. What is your job title?
2. How long have you been in your job?
3. Where did you grow up?
4. Do you have siblings?
5. Do you live alone or with others?
6. What languages do you speak?
7. What type of music do you like?
8. Do you generally see problems or opportunities first?
9. Do you consider yourself logical or emotional?
10. Are you generally patient or impatient?
11. Do you prefer to talk or listen?
12. Do you for quick opinions or take time to develop them?

Physical Self-Care



All Movement is Good Movement

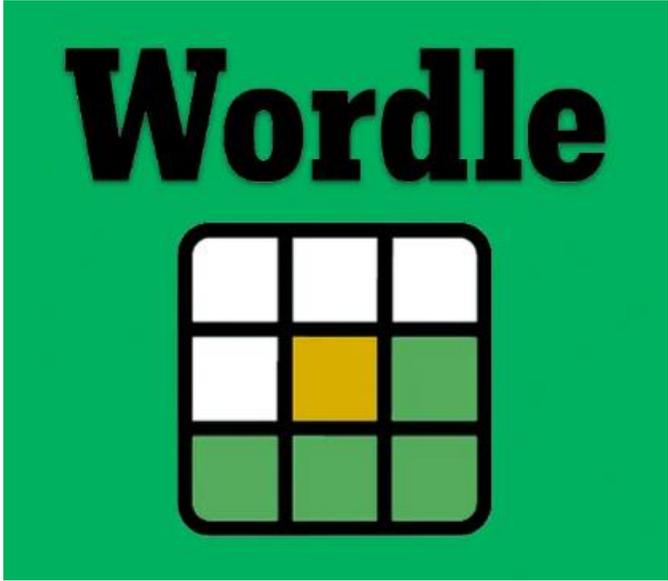


A man with dark hair tied back, wearing a blue and white plaid shirt, is looking down at a tablet computer he is holding. He is in a workshop or garage, with various tools and equipment visible in the background. The lighting is warm and focused on him.

Mental Self-Care

A woman with curly hair is shown in profile, writing on a whiteboard. She is holding a pen and has several sticky notes attached to the board. The scene is dimly lit, with the whiteboard being the primary light source. The text 'Do something to stimulate your mind each day.' is overlaid in white, with a white underline. The background is a blurred office or meeting room.

Do something to stimulate
your mind each day.



S E A R
C H S E
WORD
A R C H
S E A R



Mental Self-Care



What do you want to learn?



Where can you learn this?



Who can teach you?



Where can you learn it?



Emotional
Self-Care

Emotional Self-Care

What are you willing to try?

- Reading a “self-help” book?
- Life coaching
- Individual therapy
- Family or couples therapy
- Listed to a podcase or watch a video on emotional well-being

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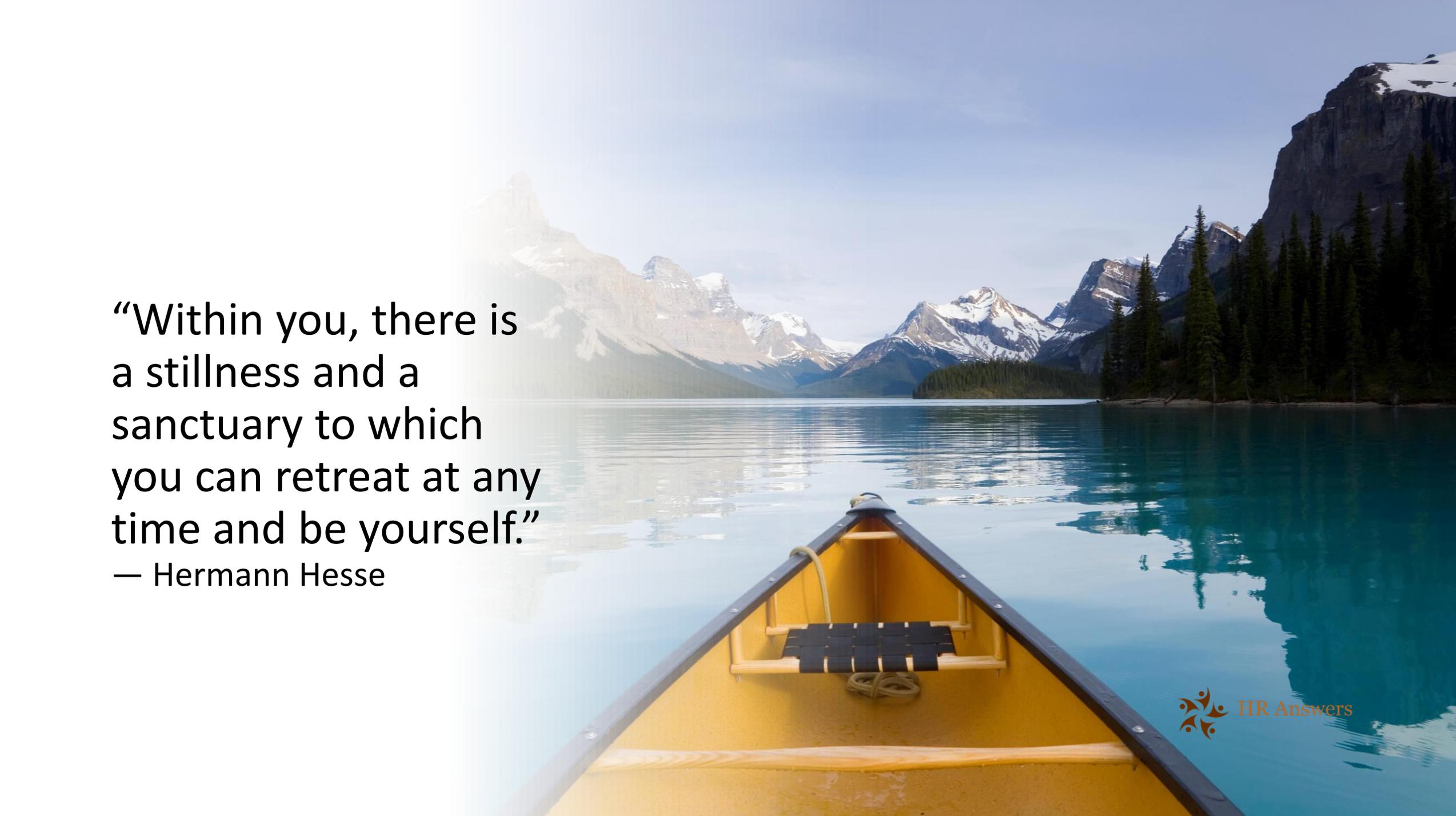
“You have to believe in yourself when no one else does—that makes you a winner right there.”

— Venus Williams



A close-up photograph of a person's hands holding a large, polished brass singing bowl. The person is also holding a wooden mallet with a red velvet-wrapped head, positioned as if about to strike the bowl. The background is softly blurred, showing a person wearing a white garment and a colorful, patterned shawl. The overall mood is serene and spiritual.

Spiritual Self Care

A scenic view of a yellow canoe on a turquoise lake with snow-capped mountains in the background. The canoe is in the foreground, and the water is calm, reflecting the surrounding landscape. The mountains are rugged and covered in snow, with evergreen trees in the foreground.

“Within you, there is
a stillness and a
sanctuary to which
you can retreat at any
time and be yourself.”

— Hermann Hesse

What can you do to
nurture your spirit?



Practical Self-Care



“The secret of getting ahead is getting started. The secret to getting started is breaking your overwhelming tasks into small manageable tasks, and then starting on the first one.” — Mark Twain

Practical Steps Make Self-Care a Reality

Review and analyze your schedule/commitments

- Are your current commitments realistic?
- What can change?
- How so?
- How long will it take to make this change?





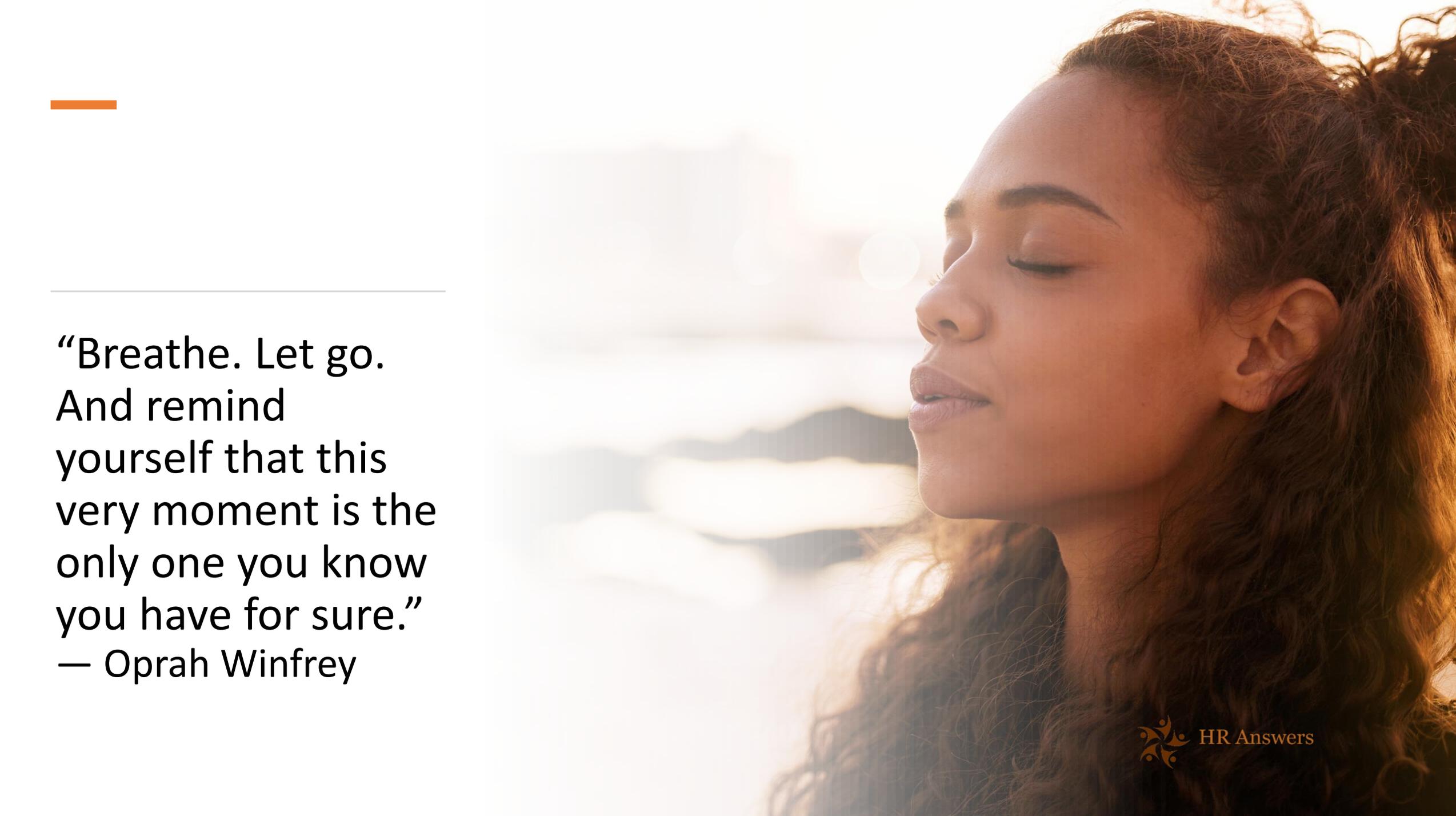
The Power of Stepping Away

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- “Almost everything will work again if you unplug it for a few minutes, including you.”

— Anne Lamott







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“Breathe. Let go.
And remind
yourself that this
very moment is the
only one you know
you have for sure.”
— Oprah Winfrey



Breathe In

“Yesterday I was
clever, so I wanted
to change the
world. Today I am
wise, so I am
changing myself.”
— Rumi



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Self-Care is an important part of mental well-being. Talk with someone you trust and get the support you deserve.

The logo consists of a dark blue square with a white border. Inside the square, the number '988' is written in a large, white, sans-serif font. Below the number, the words 'SUICIDE & CRISIS LIFELINE' are written in a smaller, white, sans-serif font, stacked in three lines: 'SUICIDE', '& CRISIS', and 'LIFELINE'.

988

**SUICIDE
& CRISIS
LIFELINE**

Let's Keep the Conversation Going.

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Your Facilitator:

Niki Ramirez, MBA/PHR/SHRM-CP/THRP

- I'm a certified human resources consultant and Certified Kolbe Consultant. I'm also the founder of HRAnswers.org. At HRAnswers.org, we focus on providing practical, impactful HR consultation to business leaders and HR professionals so that they can relax, focus on, and crush their goals.
- That said, we believe that professional human resources support isn't only for big companies with huge budgets. HR support is something that every size business deserves!
- Our #1 goal is to help our clients reduce business risk and dramatically improve the employee experience.
- Clients trust my expert team and I to support a variety of complex HR projects and facilitate engaging, dynamic workshops that build connection, foster trust, inspire action, and improve workplace relationships... Which all lead to better business results.