

IOWA ACTIVITIES DIRECTOR MENTOR LEADERSHIP

Lessons for Life: Breaks, Mental Health, & Wellness

Here is some advice retired Jim would give young AD Jim: (Jim Boemer)

- Let holiday breaks be 100% for family time.
- Don't sacrifice time with your kids.
- Find time(s) every day to take mental breaks. I learned this later in my career. Even if it is 10 minutes a day.
- Share your thoughts, and at times emotions, with a spouse, friends, a journal, your pet. Don't think being strong means you can't do this.
- Be happy with being at your best and stop worrying about being the best. Get your mind in the right place and keep things in perspective.
- Be able to cross off something from your to-do list every day you are at work, even if it is a "little" thing. Enjoy a sense of accomplishment every day.
- Control your job, don't let it control you. For me that was, at times, going to school when no one was there to work, or cleaning up emails at night. These things are not for you to do. You need to do the things that help you feel stable mentally in your job. For some it is never checking email at night. What works for you is what you need to find.

"Thrive & Survive" (Brent Buttjer & Matt Weis)

- Before you go to bed, clear your mind by writing down things you are thinking about in a notebook.
- Try to avoid reading emails after 9 PM, or even earlier.
- Create a system to organize your emails.
- Move your body during the day!
- Be a great communicator.
- Be vulnerable.

Additional Advice (Multiple Sources)

- Take daily gratitude walks to reflect and refocus. (Jon Gordon)
- Slow down to the speed of joy, save the sabbath, be where your feet are, and appreciate the power of enough. (Matthew Kelly)
- Hide your email app in a cell phone folder and silence notifications. (Todd Gordon)
- Cherish the moments as the days and years go by so quickly.
- Find your circle of trust and connect.
- Prioritize family.
- Schedule date nights with your partner.
- Reconnect with friends.
- Find your escape.
- Realize the impact of simple gestures.
- Always be humble and kind.
- Choose faith.