

Strategies to Maintain Your Energy

Individual

↻ **Setting boundaries**

Time Audits
"Stop Doing" Lists

👍 (4) ❤️ (3) 🥰 (1) 💬 1

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Sep 17, 2026 02:18pm

I want to try this!

↻ **Peer coaching**

👍 (1) 💬 0

↻ **Accountability partner**

👍 (2) 💬 0

↻ **Breathwork**

Meditation
Somatic practices

❤️ (7) 💬 0

↻ **Journaling**

👍 (4) ❤️ (2) 💬 0

↻ **Being in nature**

👍 (6) ❤️ (6) 💬 0

↻ **Counseling or EMDR**

❤️ (4) 👍 (1) 💬 0

↻ **Daily decompression**

"Unplug" times

👍 (6) ❤️ (3) 💬 0

↻ **excercise**

❤️ (13) 👍 (1) 🗨️ 2

Comment Sep 17, 2026 02:19pm
Obnoxiously effective 😊

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so annoying how effective it is

↩️ **Solo dates**

❤️ (3) 🗨️ 0

↩️ **self-compassion**

👍 (3) 🗨️ 0

↩️ **Time with family or friends**

❤️ (5) 👍 (4) 🗨️ 0

↩️ **Silent Retreats**

❤️ (2) 🗨️ 0

↩️ **maybe not great but ...medication can help!**

👍 (1) ❤️ (1) 🗨️ 0

↩️ **Arts and Craft**

❤️ (1) 👍 (1) 🗨️ 0

Organizational

↩️ **Succession planning**

👍 (10) ❤️ (1) 🗨️ 0

↩️ **Delegation**

👍 (12) ❤️ (1) 🗨️ 0

↩️ **Distributed leadership**

👍 (8) ❤️ (1) 🗨️ 2

Comment Sep 17, 2026 02:22pm
not sure what this means

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Shared leadership, like co-EDs, co-Deputy Directors, etc.

↩ **Scenario planning**
Contingency budgeting

👍 (6) ❤️ (1) 🗨 0

↩ **Formalized screening tool for staff regarding burnout/VT**

👍 (4) ❤️ (3) 🗨 0

↩ **Optimal caseloads**

👍 (4) ❤️ (3) 😊 (1) 🗨 1

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this would be great when aligned with clearly defined job descriptions

↩ **Flexible Schedules**

👍 (9) ❤️ (1) 🗨 0

↩ **Project management**

👍 (2) 🗨 0

↩ **workplace wellness programs**

👍 (4) ❤️ (1) 🗨 0

↩ **Culture of Taking Time Off**

👍 (7) ❤️ (5) 🗨 0

↩ **Staff Gatherings/Retreats**

👍 (6) ❤️ (3) 🗨 0

↩ **Wellness Stipend/Paid Therapy**

❤️ (5) 🗨 1

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yaasss

