



AGENDA



Ice Breaker



Unpacking Stress



Developing a Practice



Cultivating a Culture of Wellness



Let's connect

DR. EVISHA FORD TRAUMA-COMPASSIONATE LEADER

Women of Faith who might be God's favorite

Favorite Book: Traveling Mercies by Anne Lamott. I discovered her & my passion for writing as a Junior in College.

Fun Fact: I traveled to every continent, most of them, a few times (except Antarctica) before age 30

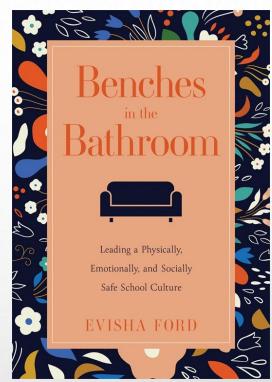
Hobbies: Scuba Diving, Body Building, Performing Arts Events & talking to Strangers

Adulting: Founded, iCan Dream Center, a therapeutic school for neurodiverse learners in Tinley Park, Illinois

Family: Boy Mom











THINGS YOU CAN CONTROL

YOUR SLEEP ROUTINE
HOW YOU SPEAK TO YOURSELF

WHO YOU FOLLOW ON SOCIAL MEDIA

WHAT YOU EAT

YOUR MINDSET

THE WAY YOU TREAT OTHERS

YOUR LEVEL OF HONESTY

YOUR OUTLOOK

HOW SOON YOUTRY AGAIN
AFTER YOU FAIL

LET'S CONNECT

- ✓ Name & Role
- ✓ What are the emotional demands that are required to support vulnerable populations?
- ✓ How do you define selfcare?





 70% OF AMERICANS ARE FEELING FINANCIALLY STRESSED

-CNBC, 2023

 MORE THAN ONE IN FOUR (26%) REPORTED THEY ANTICIPATED EXPERIENCING MORE STRESS AT THE START OF 2023

- APA, 2022

• 80% OF U.S. WORKERS SAY THEY EXPERIENCE STRESS ON THE JOB

-AMERICAN
INSTITUTE OF STRESS





WHAT IS SELF-CARE

The ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

-World Health Organization







SELF-CARE PRACTICES

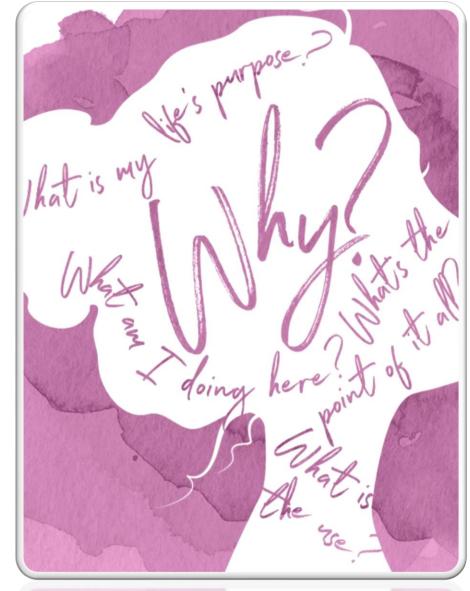
- ➤ Own Your Morning
- ➤ Daily Healthy Habits
- ➤ Engage in Personal & Professional Development
- Establish Doable Routines
- ➤ Brain Dump Every Night
- **≻**Gratitude



ESTABLISH YOUR PERSONAL "WHY"

"Know the importance of the season you're in and a wise son [or daughter] you will be. But what a waste when an incompetent son sleeps through his day of opportunity!"

-Proverbs 10:5







TOXIC STRESS IN THE WORKPLACE

TOXIC STRESS DEFINED

Strong, frequent, and/or prolonged adversity...without adequate [adult] support. This kind of prolonged activation of the stress response systems can disrupt the...brain architecture and other organ systems and increase the risk for stress-related disease and cognitive impairment.

-Center on the Developing Child

SOME SOURCES:

- Racism (unequal enforcement of policies)
- Poor work boundaries (demand for long work hours)
- Job insecurity (unclear performance expectations, nepotism)
- Abusive supervisors (public criticism)
- Sexual harassment (unwanted compliments, unwelcome touching, sexually based quid pro quo)

TRAUMA COMPASSIONATE LEADERSHIP PRACTICES

Connection

Be Present

Check-In First

Creating Structure Community Building

Think Time

Infusing Choice

Consent to share

Pay it Forward



COMPASSION INVESTORS:

a Facebook Community

HOSTED BY: DR. EVISHA FORD JOIN US FOR CONVERSATIONS ABOUT:



- ✓ Organizational Culture
- Psychological Safety
- Trauma-Compassionate Leadership

...and more!

LET'S CONNECT

www.drevisha.com

LinkedIn.com/DrEvisha

Instagram: @dr_evisha

