

# 4

## Leader Strategies

*Supporting yourself to support your people*

1



### Self-care

Even in the most challenging times we must be rigorous in making sure we have the energy to keep ourselves going. Be kind to yourself and top up your batteries.

2



### Self-support

It is important to support yourself. Listen to one of your favourite songs. Make some time for yourself at the beginning of the day. Do a small gesture for family/friends.

3



### Reframe perspectives

Make time to consciously stop and breathe. Create moments in the day where you force yourself to pause, think and reflect.

4



### Manager support

Ask for help. Our Manager Support Hotline will connect you with one of our experienced professionals so that you can have a conversation about your challenges.

We are here to support you so that you can better support your people. If you have any further questions or would like to discuss a specific concern contact our Manager Support Hotline or your Relationship Manager. As always, as your EAP we are here to support your people whatever the nature of their concerns, please contact **AccessEAP** on **1800 818 728**.

