Advocating for You: Self-Care and Boundary Setting

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What is Self-Care?

Self-care means taking the time to do things that help you live well and improve both your physical and mental health.

Small activities on a consistent basis will have a big impact.

Source: https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health
Why is Self-Care Important?

- Mental Health Benefits
- Manage Stress
- Lower Risk of Illness
- Increase Energy
- Increase Joy and Contentment
- Boost Self-Confidence
What are Examples of Self-Care?

- Regular Exercise
- Healthy Meals and Hydration
- Prioritize Sleep
- Find a Relaxing Activity You Enjoy
- Days Off

- Set Goals and Priorities
- Practice Gratitude
- Focus on Positivity
- Stay Connected
- Meditation
Self-Care and the Workplace?

On-campus programming can help employees feel a release of stress, combat burnout, and offer engagement with colleagues.

- Lunchtime Yoga or Fitness Class
- Walking Groups
- Lunchtime Book Clubs
- Meditation Rings
- Day of Wellness
- Professional Development Day
- Staff Appreciation Days
- Social Gatherings
- Healing and Discussion Circles
Hearing from You

What self-care activities have you done in the past or are you currently doing?

What barriers or difficulties have you experienced and how did you overcome them?

What advice do you have for others?
Boundary Setting

Work/life balance looks different for different people and at different stages in life.

What are your expectations?

What are your boss’s expectations?

Are they aligned? If not, how can you open that conversation?
Tips for Boundary Setting

- Non-interruptible times at work or at home
- Implement a few hours of “Closed Door Status” at work
- Delayed send on email
- Footer messages on email
- Out-of-office messages when away for a day or longer
Giving Yourself Permission

Sometimes our roles require us to “be accessible” all the time. However, be present wherever you are whenever possible.

Have conversations with your boss/others if there are non-negotiable offline times.

When you say yes to one thing, you’re also saying no to something else. Make compromises when appropriate.

It’s okay to be sick / on vacation and not responsive unless an emergency.
Engaging in Meaningful Conversation

• Do your values / work-life balance desires align with the culture of your workplace?
• Regular check-in meetings with your supervisor, your employees, and colleagues.
• Feel confident to relay the message that you are not just an employee, but an individual who has other interests and commitments outside of the workplace.
Hearing from You

What examples do you have of when establishing boundaries worked well for you?

How about examples of when boundaries didn’t work? How did you respond and what did you learn?
Affirmation Cards Activity
Contact Information

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