

# Five Mindset Shifts to Help Leaders Embrace Self-Care

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Leaders often struggle with self-care, but adopting these five mindset shifts can change that. Start by creating a body budget, managing emotional health, identifying choice points, and prioritizing growth and nourishment. Regular practice of a personalized plan ensures long-term success.

In today's fast-paced business environment, many leaders know the importance of self-care but often fail to implement it in their daily routines. Why? Because they overlook the necessary mindset shifts that support sustainable self-care practices. In a recent [Harvard Business Review](#) article, Paulena Neale explores how leaders can use a simple checklist to help take better care of themselves and, in turn, their teams. The five-part checklist below offers you a summary of Neale's most important points. Read on to learn how you can transform self-care from a wish into a reality.

## 1. Make a Body Budget

Just like managing financial budgets, leaders need to maintain a "body budget" — the balance of physical, mental, and emotional energy. This concept is essential for self-care because leaders often run on fumes without realizing it. Tracking physical activity, rest, and nutrition can prevent burnout before it happens. Leaders must recognize that maintaining their body's resources is as important as managing company resources.

## 2. Manage Emotional Health

Leaders are responsible for setting the emotional tone of their teams, yet managing their own emotional health often takes a backseat. Regular emotional check-ins are key. Strategies such as mindfulness, journaling, or therapy can help leaders stay emotionally grounded, reducing the risk of decision fatigue or emotional burnout. Healthy leaders foster healthier teams.

## 3. Identify Choice Points

Throughout the day, leaders face decision points that determine the quality of their self-care. Learning to recognize these "choice points" is critical. For example, when feeling overwhelmed, the choice might be between continuing to grind through work or stepping away for a moment to recharge. Identifying when you're at a crossroad can allow you to make decisions that support your well-being without sacrificing leadership performance.

## 4. Prioritize Growth and Nourishment

Effective leaders constantly seek personal and professional growth. But growth requires more than just accumulating new skills. Nourishment is about engaging in activities that refresh and inspire. For some, that might mean pursuing hobbies, reading for pleasure, or spending time in nature. Leaders should find what nourishes them and protect time for these activities. Regular nourishment enhances creativity, resilience, and leadership clarity.



## 5. Personalize Your Plan and Practice It Regularly

No two leaders have the same needs, so self-care must be personalized. Crafting a plan that reflects your unique responsibilities, strengths, and preferences is essential. Once you have a plan, the key is consistency. Just as you wouldn't skip out on critical meetings, don't skip self-care. It's an investment that will pay off in your ability to lead effectively over the long term.

These mindset shifts are more than just wellness tips—they are foundational to becoming a resilient and impactful leader. In the same way leaders strategize for business growth, they should strategize for personal well-being. To read Neale's full article, [go here](#).

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