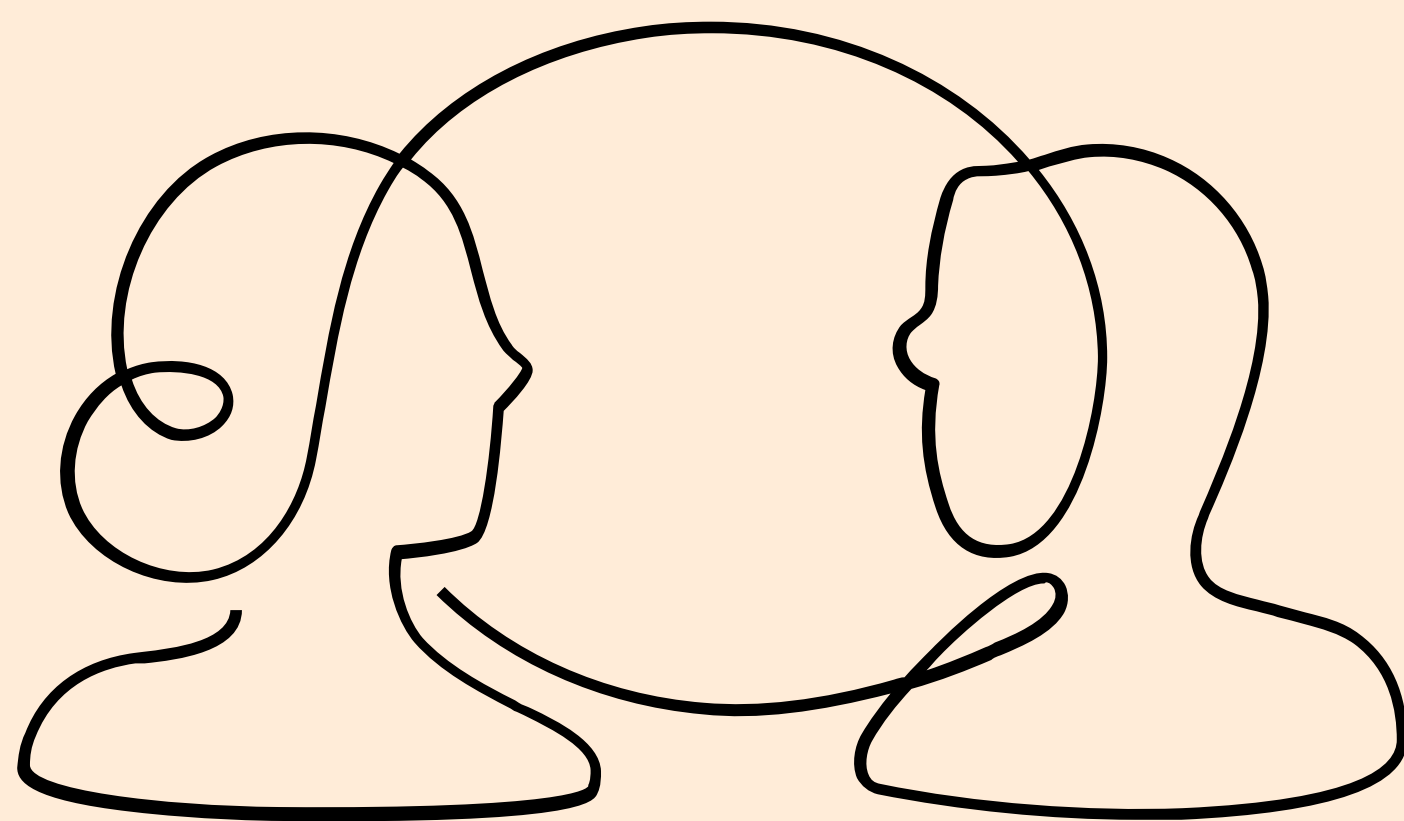




resources for community leaders

tips to resource yourself as you
support and care for others

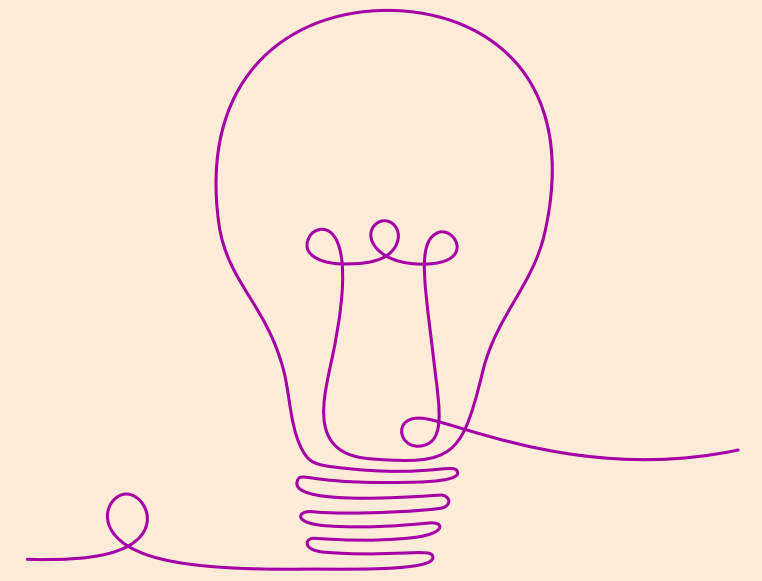




It requires presence and energy to support your community. Being a human with mirror neurons that wire us for connection, you may take on the emotions of those you care for.

This makes it all the more important to care for yourself as you show up for others. In this guide are a few tips to support you in taking care of yourself, which also strengthens your capacity to be of service.

redefine your recharge



While we all know that self-care is important, resources for self-care may not be accessible at all or in the same way, or we may have limited resources to access them. We encourage you to think about the question: "what does self care look like to me?" See how you can redefine what will nourish and support you.

You can also check out these [resources for building resilience from our sister-organization the Search Inside Yourself Leadership Institute \(SIYLI\).](#)

And remember, try not to judge yourself for how you're doing, reacting, or feeling - [accept yourself where you are, as you are, and offer yourself care and compassion.](#)

Furthermore, you can build the [practice of Self-Compassion with exercises and guided meditations from Dr. Kristin Neff.](#)



recommit to or deepen your mindfulness practice



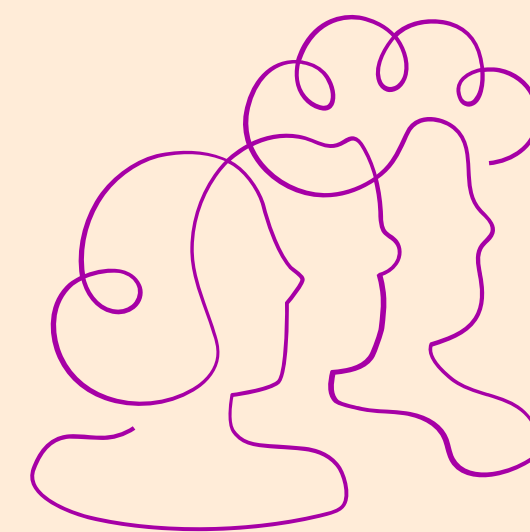
Lean into the resources that exist out in the world. Here are some teachers and other resources:

- [Amishi Jha](#)
- [Rhonda Magee](#)
- [Jon Kabat-Zinn](#)
- [Spring Washam](#)
- [Jack Kornfield](#)
- [Kristin Neff](#)
- [Anushka Fernandopulle](#)
- [Joanna Hardy](#)
- [Dr. Angel Kyodo Williams](#)
- [Shelly Tygielski](#)
- [Vinny Ferraro](#)
- [Tara Brach](#)
- [Mark Coleman](#)
- [Oren Jay Sofer](#)
- [Joanna Macy](#)

- [Insight Timer](#)
- [Sounds True](#)
- [Wisdom 2.0](#)
- [Mindful.org](#)
- [Mindful Leader](#)



connect with community



It is also important to also find support for yourself during your practice, so you're not always the one doing the 'holding' and supporting.

Resources to utilize:

- Check out this [Self-care library](#).
- [Attend SIY events](#) to connect with other mindful leaders
- Find a local mindfulness group where you can practice together outside of work



connect with your intention and gratitude



Get a paper and pen to do the following journaling activity.
Answer these questions:

What moves and inspires you to support others?

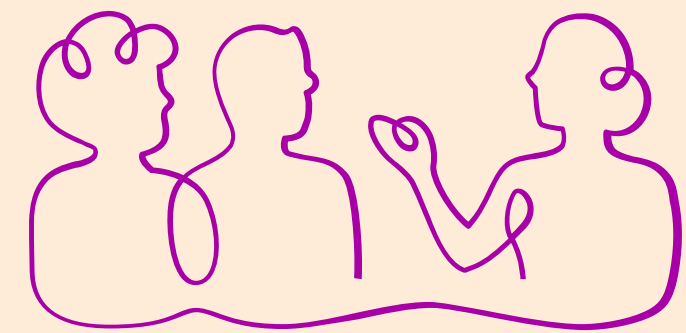
What is your deepest intention and wish for others?

What or who are you grateful for? How is it supporting or
nourishing you?

Try this [Gratitude Meditation from our sister-organization SIYLI](#)



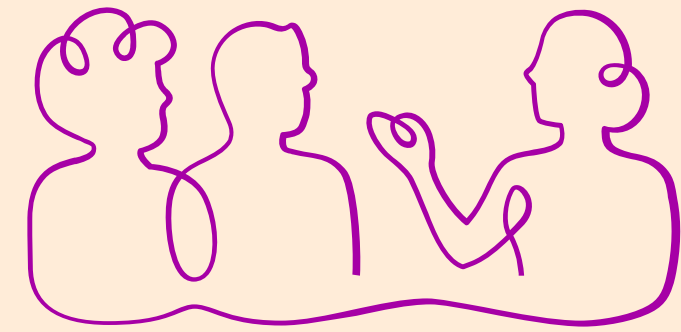
practices to support **BEFORE** you lead a group meditation session



Take some time to ground and arrive fully, including tending to anything that is present for you, before stepping in and supporting/holding space for others. Here are some suggested practices to try:

- [Simply Stopping/ Being Present meditation](#) [2min]
- Three Breath Practice : Just like we offer in the SIY program, the three breath practice is something that you can do in just three breaths—to refresh, to be more present, to get off of autopilot. It includes:
 - First breath: bring complete, yet gentle attention to the process of breathing.
 - Second breath: let the body relax
 - Third breath: ask, what’s important now?

practices to support **AFTER** you lead a group meditation session



Give yourself a moment to release anything that you've taken on emotionally, via one of the following practices:

- **Movement:** Put on some music and have a dance break, stretch and do some yoga, or do any type of spontaneous movement your body is needing
- **Deep sighing exhales:** Allow yourself to make noise, releasing with a deep sigh or exhale
- **Change your location or physical space** (even if it's just a different chair)
- **Open awareness practice,** and specifically try to notice what arose without attaching to it
- **Compassion meditation** as an antidote to empathic distress, and to attend to any emotions present in yourself and others
- **Journaling:** Spend 10 minutes, free flow writing. You could also write using the following prompts:
 - In this session, I noticed...
 - What went well was...
 - What I'd like to do differently next time is...
- **Connect to Nature (if able):** Connecting to nature can be a useful practice for grounding. Touch a tree, plant your feet on the ground, and breathe.