

LEAD WITH SANITY

EMOTIONAL HEALTH
STARTS WITH HONESTY.

COMMON MISTAKES WE MAKE

- Tell others how to grow without taking our own advice.
- Use work and busyness to medicate emotional pain.
- Ignore the signs of burnout and emotional distress.

SIGNS OF INSTABILITY

- The day to day work of leading overwhelms you.
- You are constantly looking for ways to escape life.
- You “lose it” with those you love frequently, or you shut down around those you love.
- You can’t remember the last time you truly rested.

LIES WE BELIEVE

- “I’m not good enough”
- Others can do it better than me
- “I always have to know the answer”
- “I can’t stop and rest, because things will fall through the cracks.”
- “I can’t appear weak, or those I lead will think I can’t do it.”
- “Vulnerability will only expose me to betrayal”

ACCOUNTABILITY QUESTIONS

- Am I making decisions out of fear or trust?
- Has anything happened lately that triggers painful memories, and put me on high alert?
- When was the last time I rested?
- Does my family think I’m doing well?
- Am I confiding in someone (outside of family) about my life, and staying accountable to them?

INVEST HOLISTICALLY

Physically

Are you getting outside?

Are you eating a balanced diet?

Are you exercising?

Mentally

What are you spending your time thinking about? Do you have space to think about things other than work and family?

Spiritually

How are you feeding yourself spiritually?

Relationally

What kind of relationships are you investing in? Do they build you up or tear you down? How healthy are your family relationships?

RESOURCES

[“The Gift of Being Yourself” by David G Benner](#)
EmotionallyHealthyLeader.org