

The background features a dark blue vertical band on the left side, filled with various star shapes in light blue, medium blue, and purple. The rest of the background is white, decorated with scattered confetti in shades of light blue, medium blue, and purple. The text is centered on the white background.

Student Organization Academy

Managing Wellbeing as a Student Leader

Atalie Brown and Emma Mayers

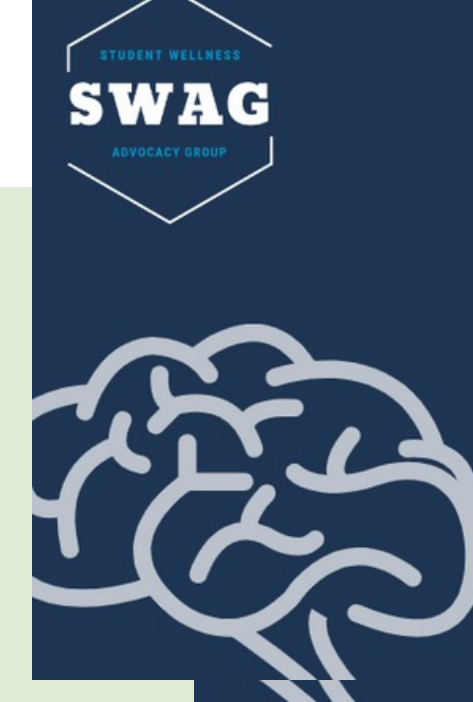
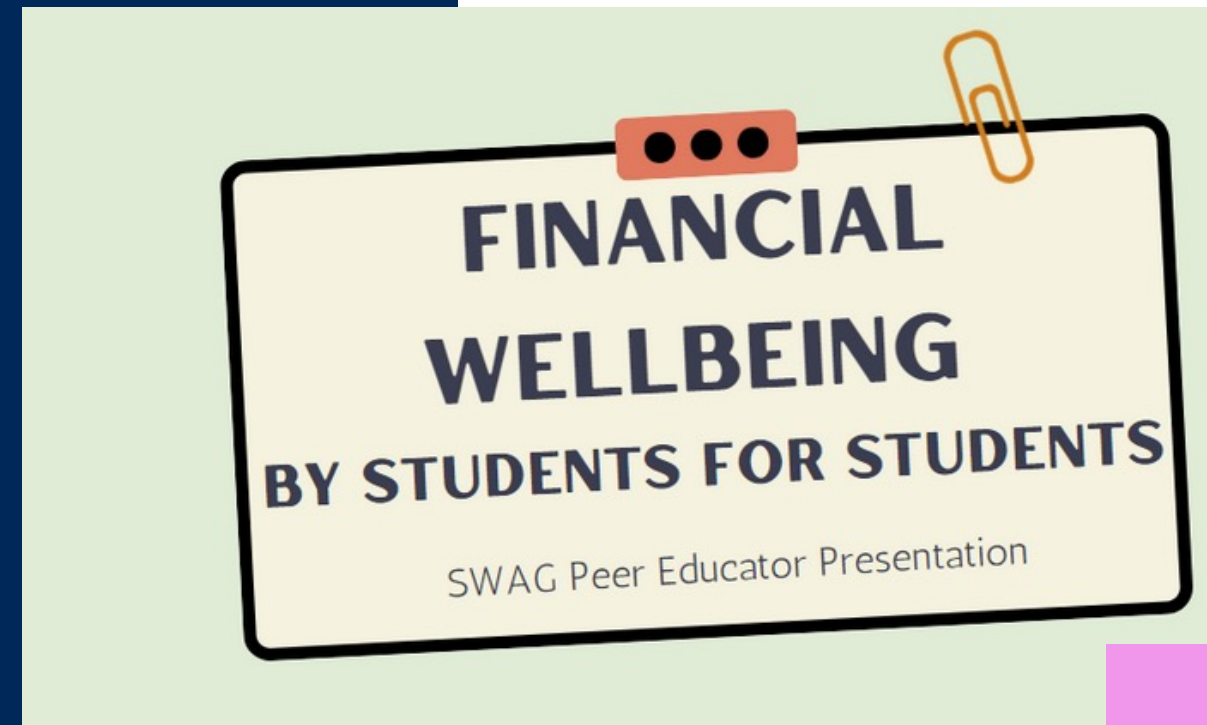


WHAT IS
SWAG??

Wellbeing Workshops

- College Mental Health
- Let's Talk about X
- Adjusting to College 101
- Financial Wellbeing: For Students, By Students
- Self-Love: How You Can Get There

SWAG is happy to offer workshops and/or collaborate with student clubs, Residence Life, academics, and other departments! Reach out to swag@xavier.edu or Kaity Rowe at rowek3@xavier.edu

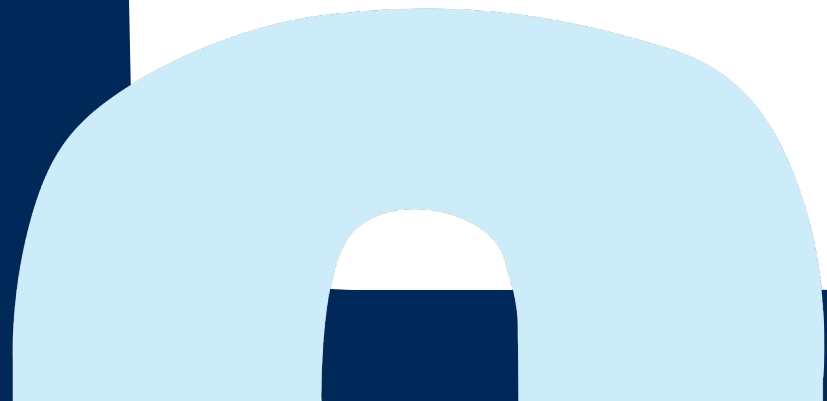
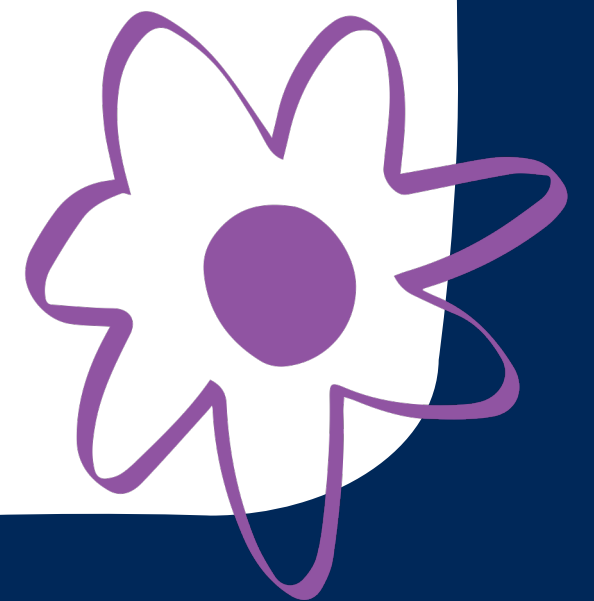




Objectives



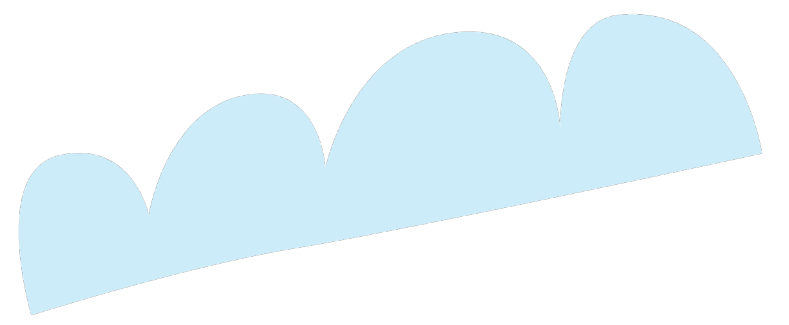
1. Learn about four traps students leaders can fall into related to personal wellbeing
2. Discuss ways to avoid those traps
3. Discover knowledge from your peers
4. Identify take-aways and actionable steps





Why this session?

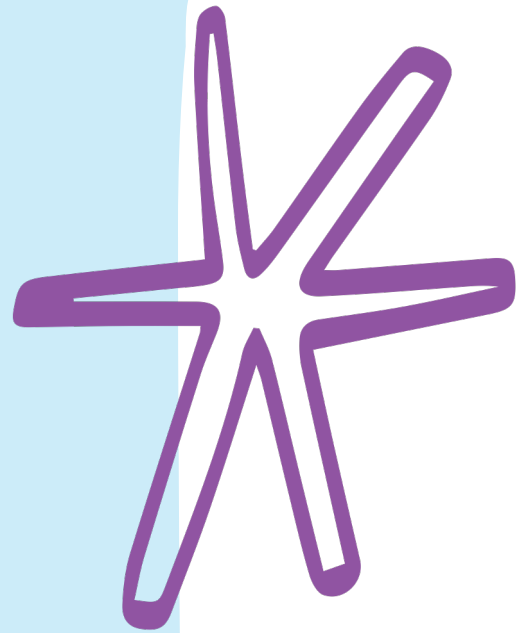
Why does it matter to talk about wellbeing and self-care?



The Traps

- * NO TIME FOR SELF-CARE
- * TAKING IT ALL ON YOURSELF
- * ALL OR NOTHING MINDSET
- * NEGATIVE SELF-TALK





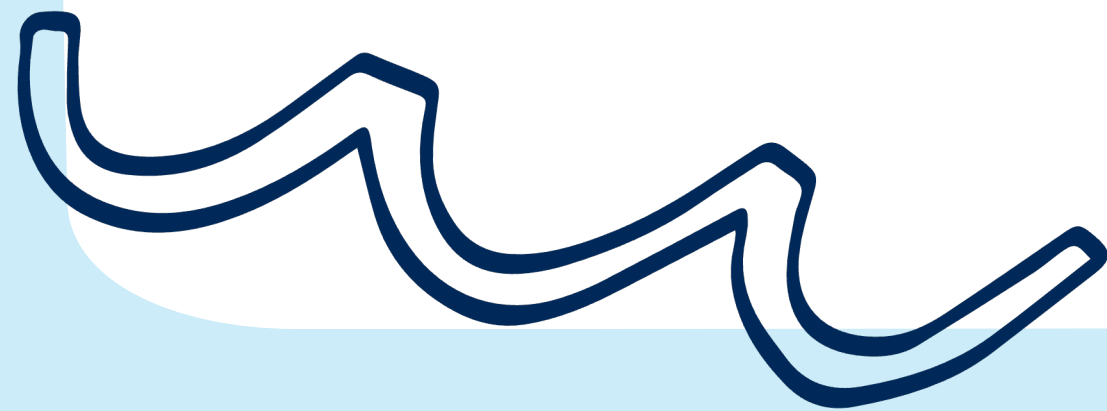
No Time for Self-Care

BE INTENTIONAL

Make a plan based on the time you have and what will be most helpful.

MAKE ADJUSTMENTS

Be flexible and have a back-up plan. Have options that take less time if needed.





Taking It All on Yourself



Delegation is not an easy thing, especially for high performers

But lack of delegation can increase stress





Taking It All on Yourself

Group Activity

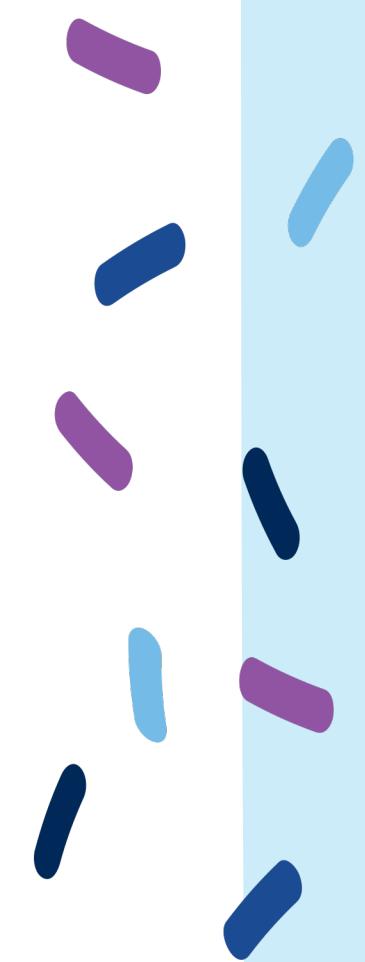
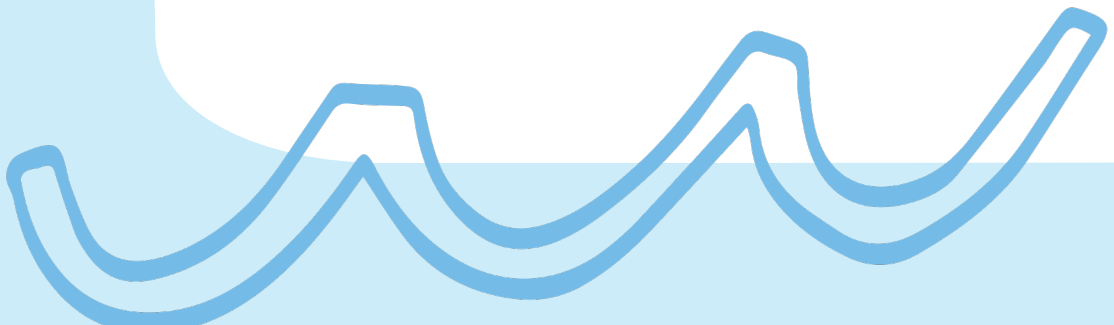

Brainstorm with your group on tasks you could delegate to others on your board or in your club.

How will this help you and those in your organization?



All-or-Nothing Mindset



We can fall into this trap in so many different situations, but especially when it comes to our health and wellbeing.





All-or-Nothing Mindset

Group Discussion

1. What are some ways you get stuck in the all-or-nothing mindset?
 2. Have you had success in overcoming that mindset? How?
- 
- 



Negative Self-Talk

Some of the things we say to ourselves can be pretty harsh, and this typically only leads to shame and guilt, neither of which are very motivating.

What can you do instead?



Wrap-Up



What are your top two take-aways today?

What can you implement in the next week or so?

What resources do you need?

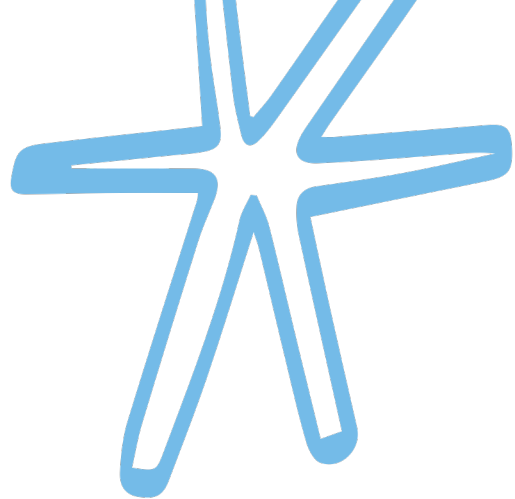
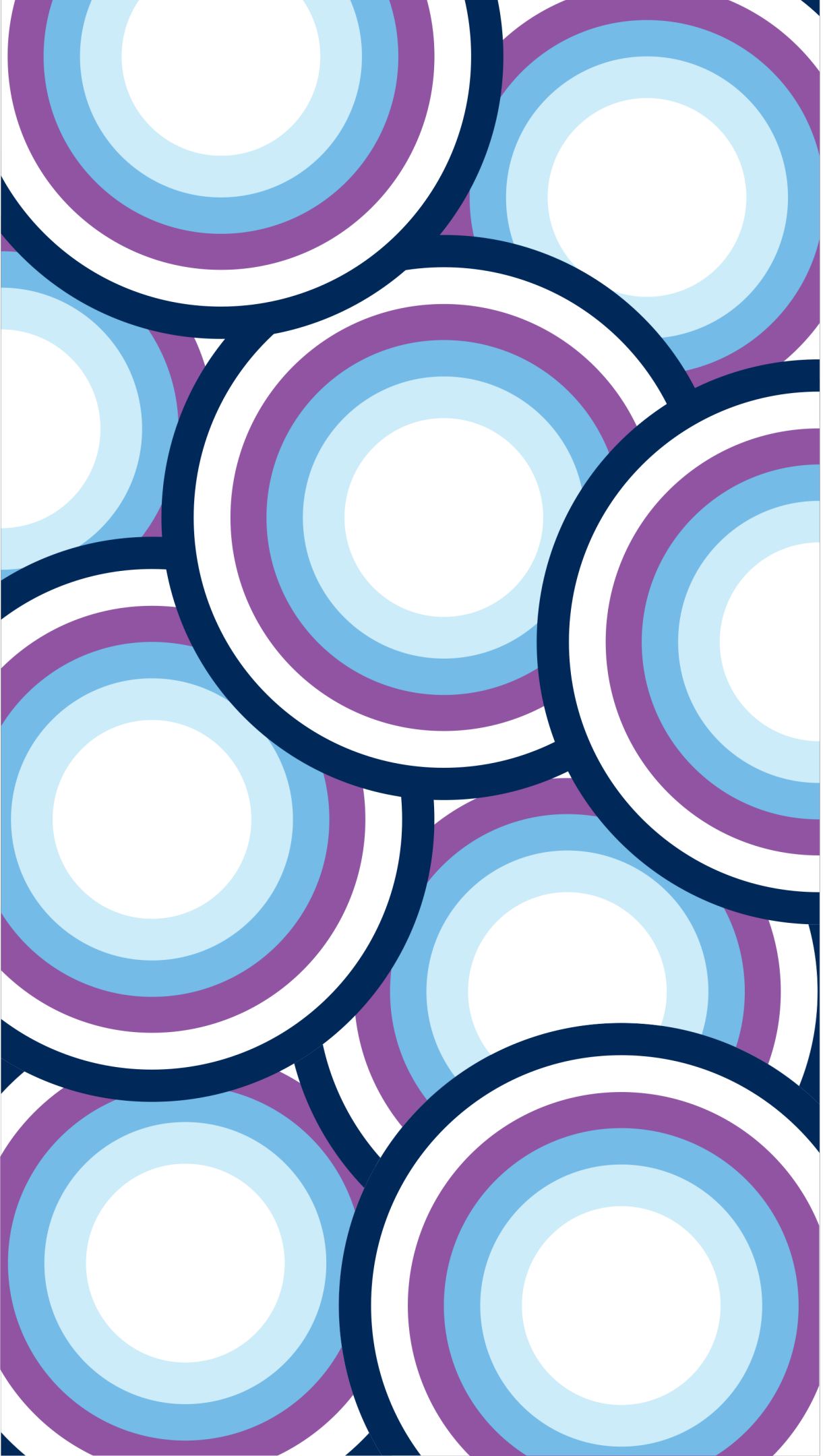




Questions

How can we help?





Thank You!

REACH OUT! ROWEK3@XAVIER.EDU

