



NNAHRA
NATIONAL NATIVE AMERICAN HUMAN RESOURCES ASSOCIATION

27th Annual Conference

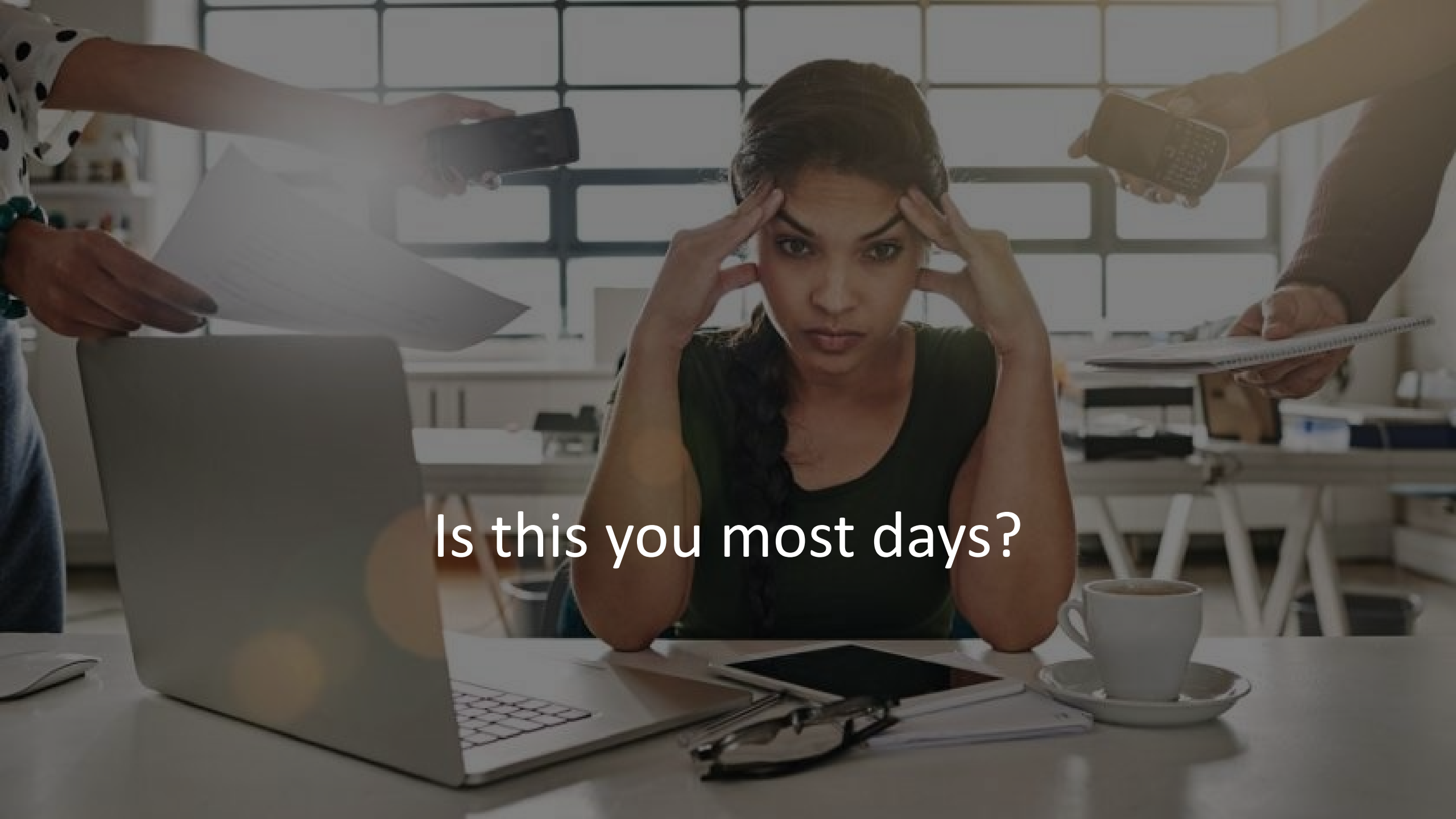
Gila River Resorts & Casinos

September 25-27, 2023

A hand is shown from the wrist up, holding a glowing, translucent sphere. The hand is positioned at the bottom of the frame, with fingers slightly curled around the base of the sphere. The background is a dark, out-of-focus scene with several warm, circular light sources (bokeh) in shades of orange, yellow, and brown. The overall mood is serene and powerful.

The Power of YOU:

Intentionally Fueling Up & Powering Down



Is this you most days?





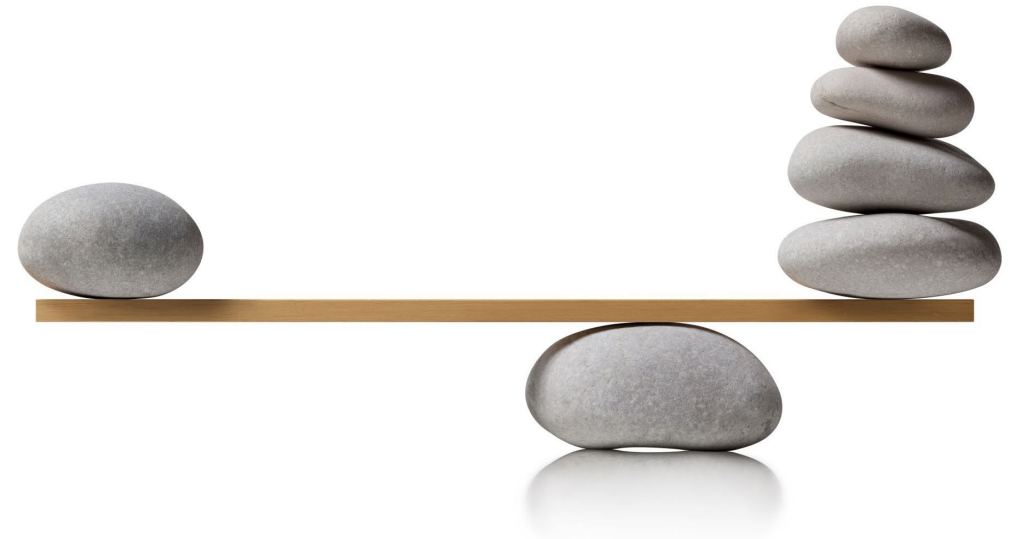
Keep Going...

Body Scan

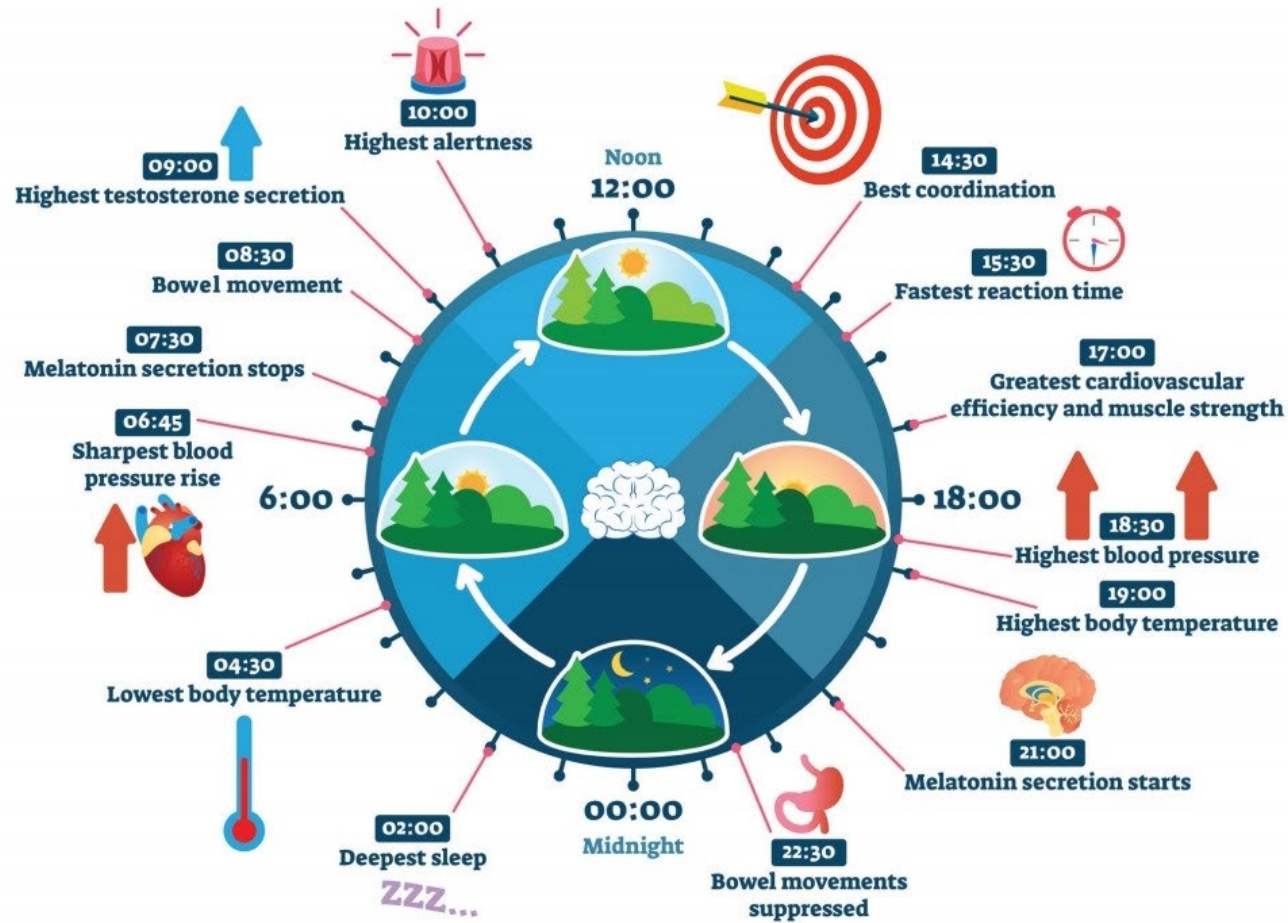


Agenda

- Your Natural Body Rhythm
- Sleep!
- Emotional Labor & Burnout
- Stress Research
- Emotional Intelligence
- Connect With Your Physical Body
- Practice Techniques



CIRCADIAN RHYTHM



Lark
or
Night Owl?

Your Sleep Schedule

- Stress Management
- Proactive vs. Reactive
- Ideal sleep = 6 + hours/night
- < 6 hours issues with Metabolic health, depression, & anxiety
- Intellectual Depletion



Emotional Labor

THE JOBS THAT REQUIRE EMOTIONAL LABOR

Customer service jobs

Flight attendants and
other members of the cabin crew

Hospitality industry employees

Caregiving professions, such as
nursing, therapy, and eldercare

Teachers and professors
(even those working with adults)

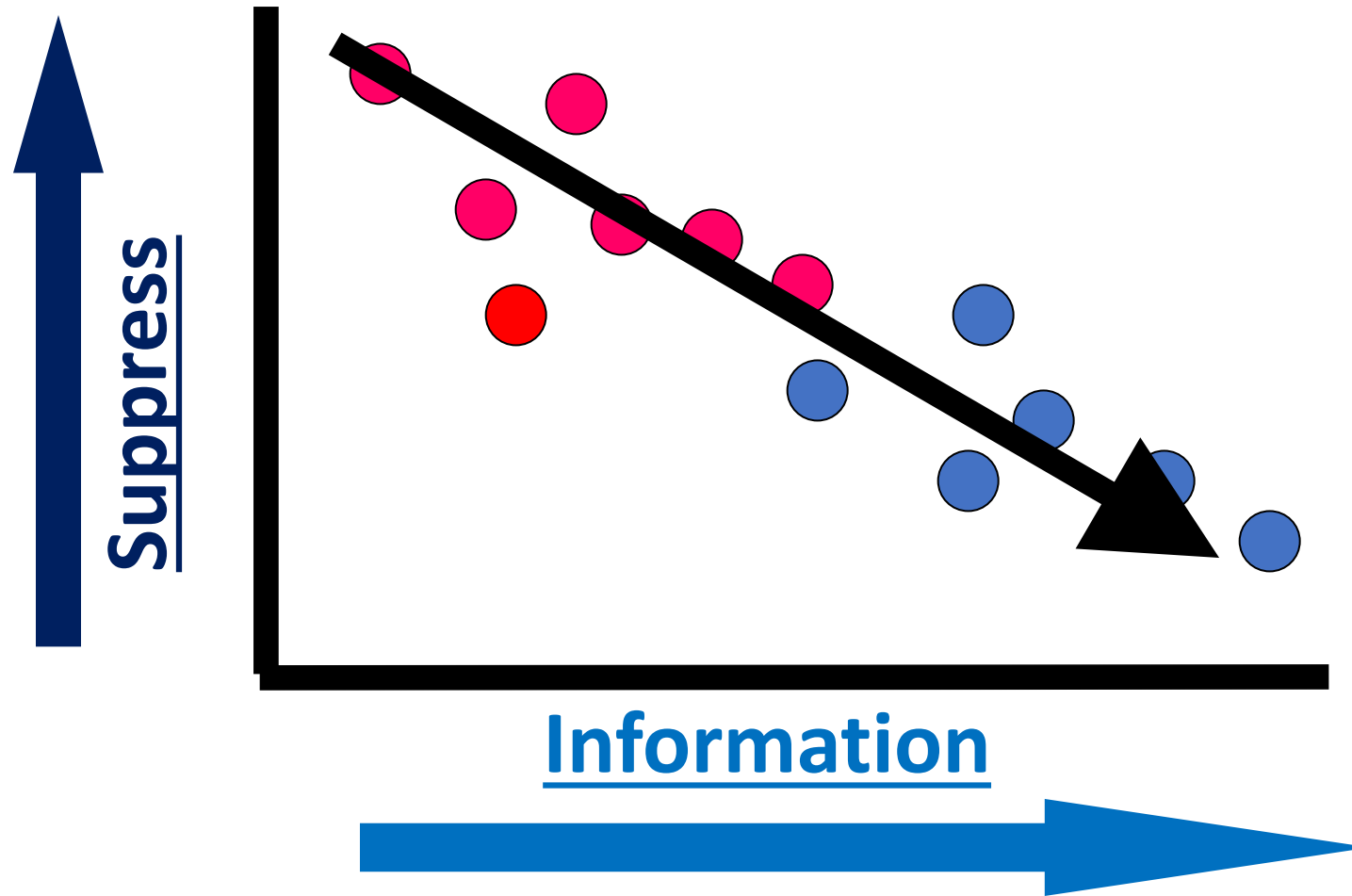
Taxi drivers

Employees working in
human resources

Law enforcement personnel



Cognitive Costs of Emotional Suppression



Signs of burnout



| Physical | Emotional | Behavioral |
|---------------------------|---------------------------------|------------------------------|
| Headaches | Helplessness | Reduced performance in tasks |
| Stomach issues | Cynicism | Withdrawal/isolation |
| Fatigue | Self-doubt/sense of failure | Procrastination |
| Frequent illness | Loss of motivation/satisfaction | Emotional outbursts |
| Changes in appetite/sleep | Feeling alone/detached | Substance use/abuse |

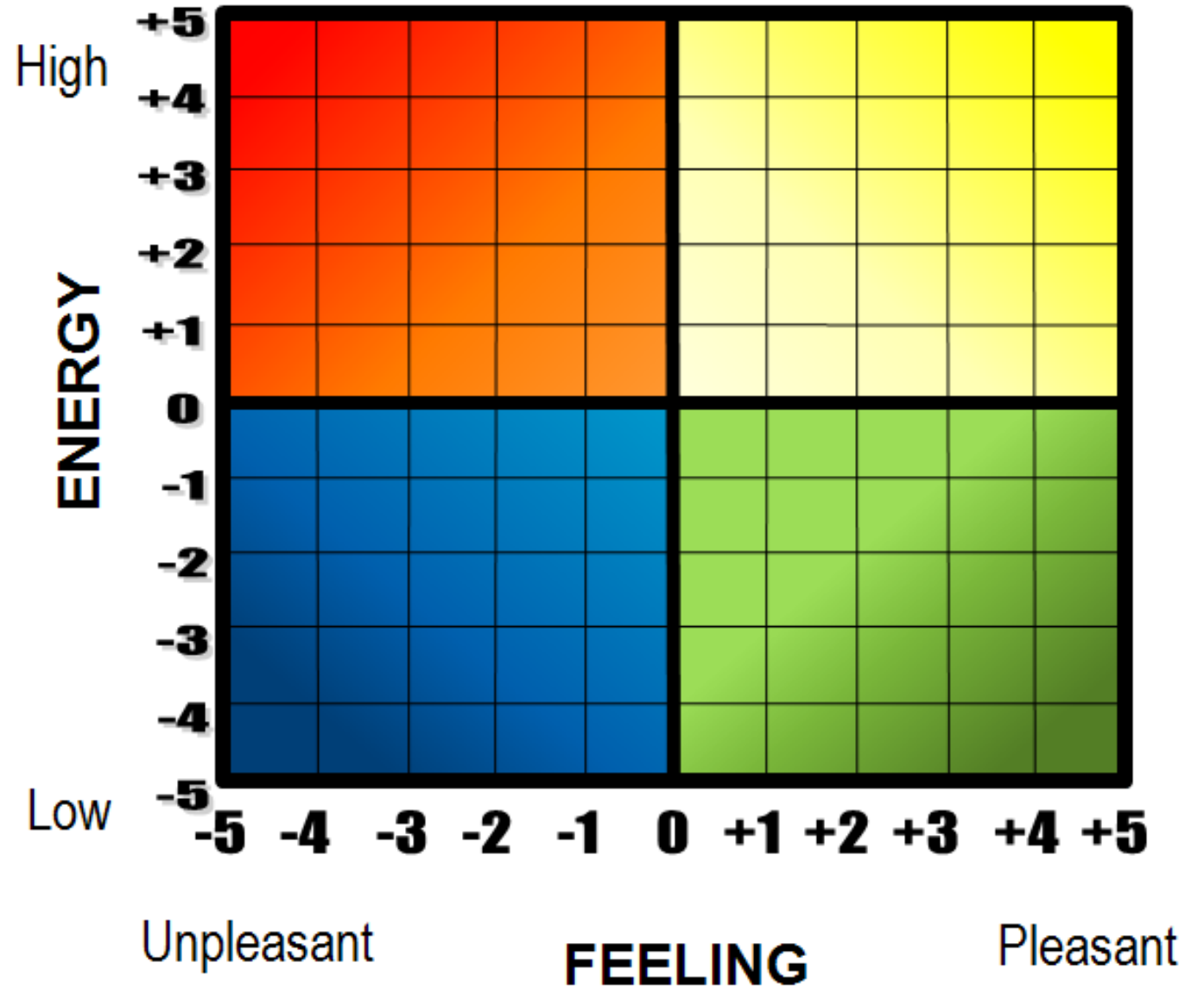


The Research on Stress & Emotional Labor

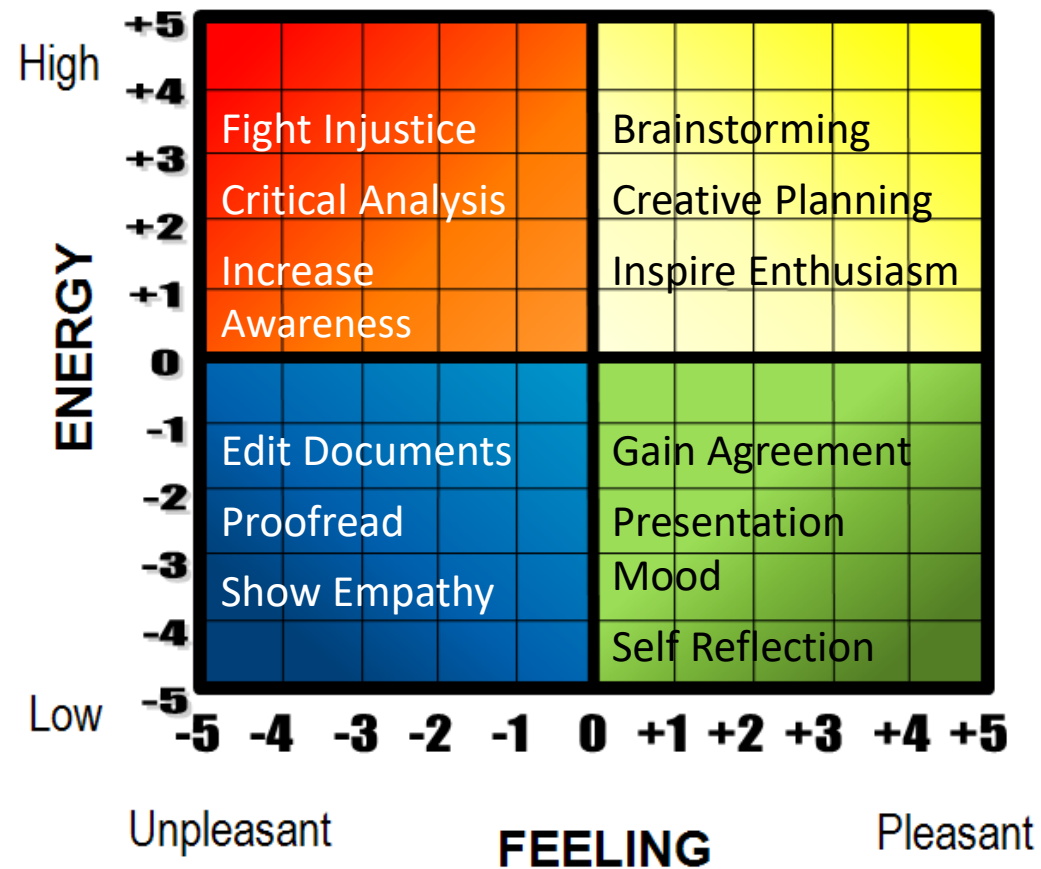


When to Push
Through

Emotional Intelligence



Matching Mood to Task



Build resilience – Take care of yourself & your team.

The decisions that you make from a connection to your physical body are radically different than reactive decisions.





Personal energy plan

