stewardship

noun
noun: stewardship; plural noun: stewardships

1: the conducting, supervising, or managing of something especially – the careful and responsible management of something entrusted to one’s care
**Self-Stewardship**

- You made a commitment to those who entrusted you with a purpose, hope, profession
- You hold valuable knowledge and experience
- Code of ethics include self
- “Fill the bucket”

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**Why not self-care?**

- Cliché
- Stigma
- Poverty
- Cost
- Time
- Not a sense of responsibility
- Doesn’t address baggage

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**Remember: Y.O.U. Matter**

- Effective
- Profession
- Their influence
- Others
- Your influence
- Yourself
The “Y”–Reflect

- The biggest influence to others is behavior
- Role Models make an impact
- We are in a profession of trauma–secondary and ACE
- Suicide: 2nd leading cause of death 15–24
- Divorce/Separation, Anxiety, Depression, PTSD

"We accept the love we think we deserve" Stephen Chosky, *The perks of being a wallflower.*

Early Trauma becomes wired in the central nervous system 18 min >9
The “Y”-Plan

- Identify your Limits
- Set and practice boundaries
- Practice saying “NO” and “Yes because…”

- Authoritative vs passive, aggressive or mix

The “Y”-action

Resiliency and Positive Psychology

- A person’s ability to effectively manage stress, make healthy choices, avoid self-destructive behavior, and develop into an emotionally healthy adult (Benard, 1991).
- Take away technology?
- Resiliency Quiz
- 1 act of kindness per day
- 3 positives each day
- Give stuff away
- DE clutter
- Routine

Set goals (activity from HR)
Over 30 years of research shows that highly resilient people show many similar qualities:

- Playful, childlike curiosity.
- Constantly learn from experience.
- Have solid self-esteem and self-confidence.
- Express feelings honestly.
- Expect things to work out well. Deep optimism guided by internal values and standards.
- Read others with empathy.
- Have a talent for serendipity.
- Have good friendships, loving relationships.
- Use intuition, creative hunches.
- Defend self well. Avoid and block attacks, fight back.
- Have a talent for sawing.

A good indicator of exceptional mental health is when a person talking about a rough experience says “I would never willingly go through anything like that again, but...” and identifies a strength.

Ask “How can I turn this around? Why is it good that this happened? What is the gift?”

USE humor
You are their ROLE MODEL

- Work towards valued goal
- Daily contact with nature and other living creatures
- De-clutter
- Mediate
- Exercise
- Outside work friends
- Own support system
- Boundaries

"O"h ya!

- Others come second in Self-Stewardship
  - This is not conceited
  - Not encouraging entitlement
  - "Golden Rule"
  - Gain wisdom and experience to authentically share

Others can come hand-in-hand in process of Self-Stewardship

Reflect on a time you may have limited another because of your own baggage, burnout, etc.

- Don’t assume everyone is going to hurt you
- Don’t assume is has to be ‘big’
- Don’t assume the reaction or impact
- Don’t assume you don’t have time
“O”h, Plan

- Identify what you LOVE or are passionate about in service
- Discover your “No Big Deal” (Sciortino, Rhonda. Love is Action.)
- “Let’s love not in word alone but in action and truth.”

“O”h, Act

- Identify how you can add your love to your action.
- Put it on your schedule regularly
- Prioritize your service to others to align with your values
- Invest in your people
- Knowledge: share and learn

“U”nite

- Find a common goal, motivation or love
- Write them down
- Create a strength–based plan
- Keep Cycling the growth of the Y and O
“U” nstoppable

- Two are always better than one
- Relationships build power
- Common values motivate action

“The purest form of loving others comes from *first* loving yourself.” (Jewell, 2020)

Y.O.U.

You + Others = Unstoppable!

THANK YOU

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“Life is tough, but so are you!”
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