



# ***Pouring from a Full Cup: Prioritizing Self-Care in Higher Education***

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# Agenda



Ground in Activity - 5 minutes



Introductions and our stories - 15  
minutes



Rewriting your narrative - 10 minutes








Questions - 30 minutes






# Ground in Activity

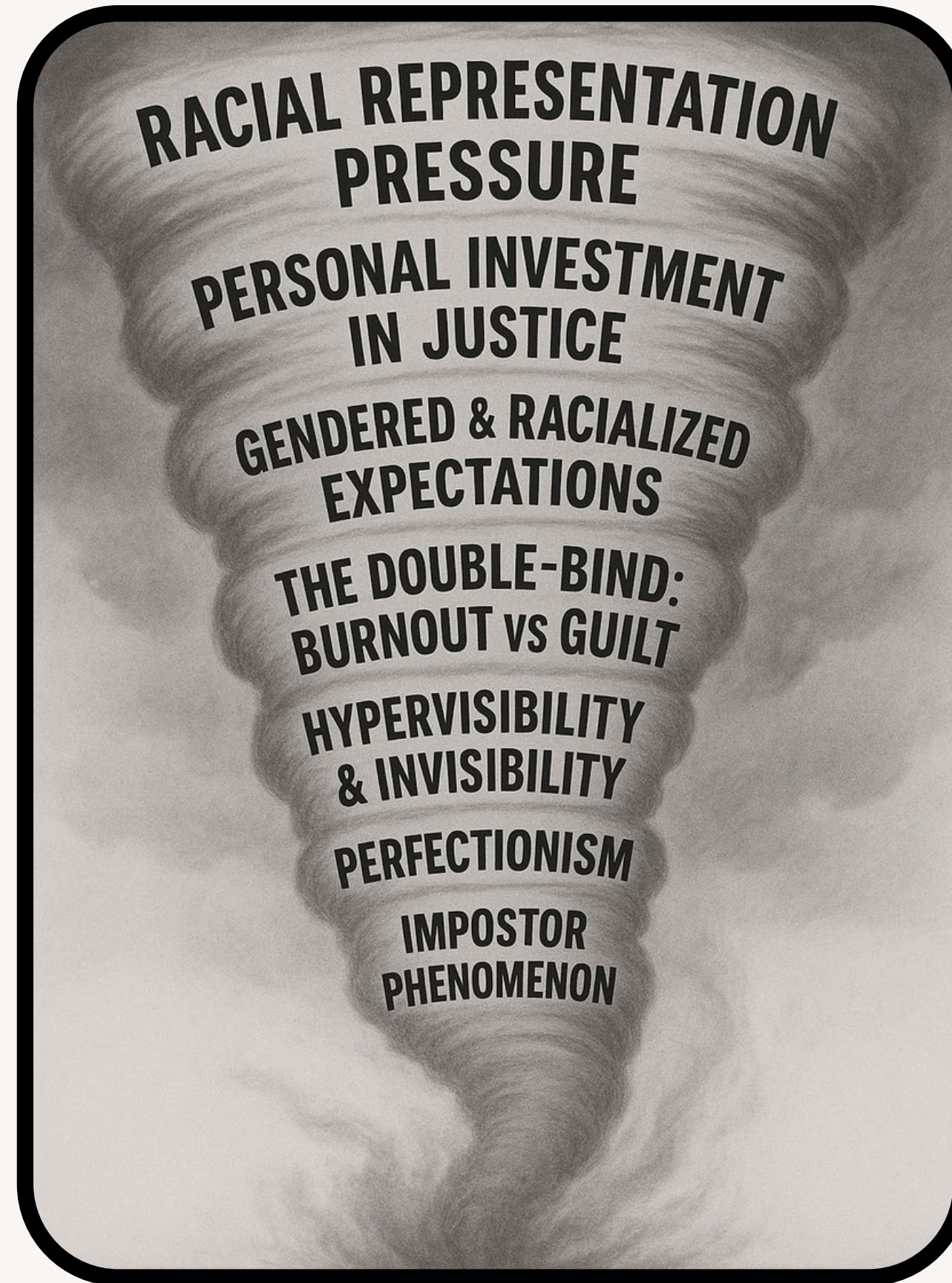
## *Body Scan*

-  Supports nervous system regulation
-  Builds awareness without judgments
  -  Accessible & adaptable
  -  Promotes self-regulation skills
  -  Invites connection

# *Introductions*

- Name, Role, and Institution
- A glimpse into our journey in higher education
- The story we carry about who we need to be in academia
- How we approach self-care/mental health through the lens of:
  -  Inspiration
  -  Inclusion
  -  Advancement

# ***Recognizing Burnout and the Unique Challenges Facing Women in Higher Education***





## ***Now Playing: Flashback Feature: Caught in the Storm (Again)***

***The signs are subtle—but the spiral is familiar.***



# *From Whirlwind to Wisdom: Leading with a Story That Serves You*

📖 What story do you carry about success as a woman in academia?

🧠 Who shaped it—and how has it helped or harmed you?

🕊️ What part might you release to honor your well-being?

🌟 What story would feel more liberating and compassionate to you now?

# Contact Information

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her mental health narrative –  
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