



A SELF-CARE TOOLKIT FOR BLACK EDUCATIONAL LEADERS

#LeadershipAlwaysMatters

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1. Give yourself permission to feel, to have emotions, to scream, cry, and yell. Know that it is okay to completely step away to process your feelings.
2. Focus on one breath and one step at a time knowing that the you stand on the shoulders of ancestors who fought day and night for you to be a Leader.
3. Stay connected to your network. Your team! Your family and friends. Whoever allows you to be your authentic self when you need to take off the leadership hat and be human.
4. The burden of oppression and injustice is too heavy to carry on your own. Stay connected to those who will affirm your humanness.
5. There are 24 hours in the day, make sure you are getting 6-8 hours of sleep to help recharge and to lay your burdens down.
6. Stay physically and psychologically healthy. Take breaks from social media and your email. Disconnect so you can get quiet time to process your feelings and next steps.
7. Assemble or join a team of like-minded educational leaders who you can lean on and process thoughts, research practices, next steps and your authentic voice.
8. Write down what is holding you back in your leadership. Address your fears, the systemic racism, your professional struggles and personal experiences.
9. SPEAK!- That's right, SPEAK OUT LOUD. Share your truth. Leaders are servants and servants lead in spirit and in truth.
10. Lastly, Maslow before Blooms. Race-based trauma (slave trauma) literally leaves bruises on your brain. The fight remains the same, yes, you are a Leader and Leadership Always Matters, but you cannot lead if you do not take time to process and heal.

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