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ALTA **in** SIGHTS

REAL TIME | ON-DEMAND



Selfcare for a Stronger You
(How Full are Your Buckets?)

Today's ALTA Insights Featured Sponsor



Speakers

- **Sharon Sluder-Risch**

Senior Vice President/Director of Marketing
and Strategic Partnerships | Two Rivers Title Co.



SELF CARE FOR A STRONGER YOU



Our 3 Buckets



Physical



Emotional



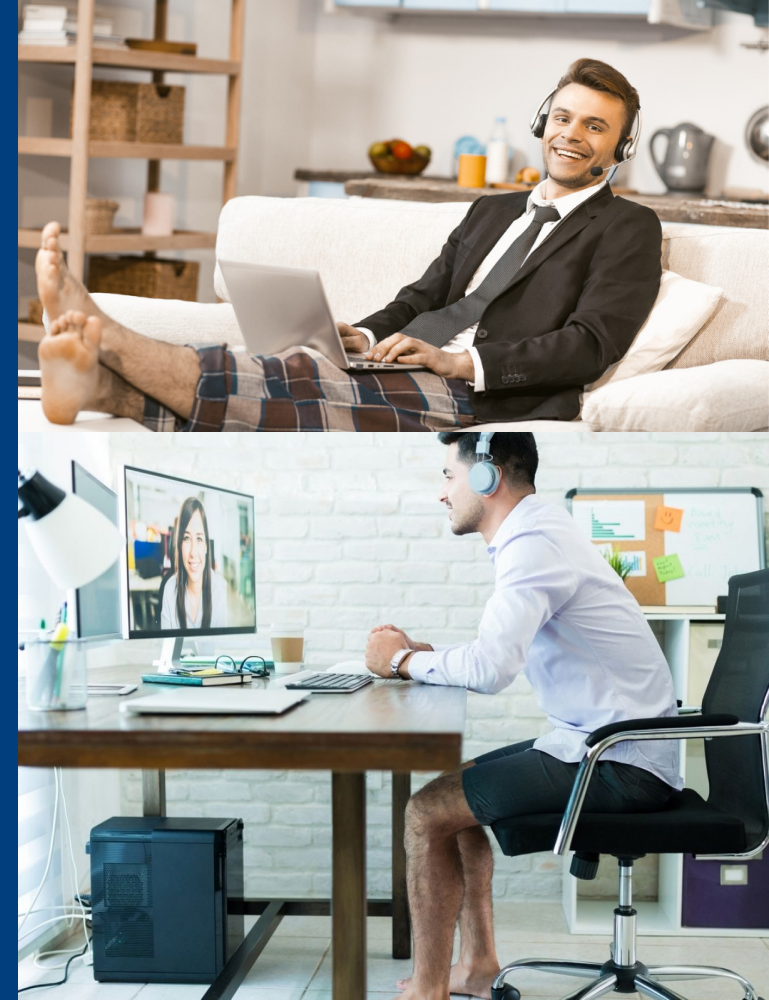
**Intellectual/
Psychological**

The Art of the Above-the-Waist Attire

OFFSET THE PRESSURES OF REMOTE WORK

Still wearing your version of "fat" pants or cozy fuzzy socks!

...OR BRING OUT THE PEARLS AND DRESS UP
FROM HEAD-TO-TOE!



It's a Matter of Balance



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Familiar Friends in Times of Stress



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Your Emotional Bucket vs. Your Physical Bucket

Sometimes you just have to eat like it is your birthday!





FedEx is Here!!

Quarantine Basics

- ✓ TOILET PAPER
- ✓ HAND SANITIZER
- ✓ SLIM FAST
- ✓ PINOT NOIR



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Responsive Selfcare



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- Sleep and exercise are at the top of the list.
- Do what you can and DO NOT beat yourself up for doing less.
- Call your Mom or whoever gives a lending ear.
- Escape to a book or rock out to your favorite song or watch low stress TV to refill your emotional bucket.
- When it gets really bad...remove things from your plate and match your TO DOs to your CANs.





Practical and Pre-Emptive

- #1 is EXERCISE then a very close second is SLEEP.
- Take BREAKS during the workday.
- Try to SET BOUNDARIES.
- Keep a REGULAR at-home work schedule.
- CHOOSE the times of day you feel most energetic, physically and mentally, to get high priority work done.
- AVOID eating lunch at your desk.
- KEEP TRACK of how much water you drink each day.
- BE MINDFUL and GRATEFUL. Count at least 3 blessings a day. Keep a Yay list.



Manly Man's Guide to Selfcare



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Men need full buckets too!

THE I NEED SLEEP GUY

The Manly Man's Guide to Men's Self-care



THE PIZZA AND BEER GUY.

The Manly Man's Guide to Men's Self-care



FOCUS ON THE BODY

The Manly Man's Guide to Men's Self-care



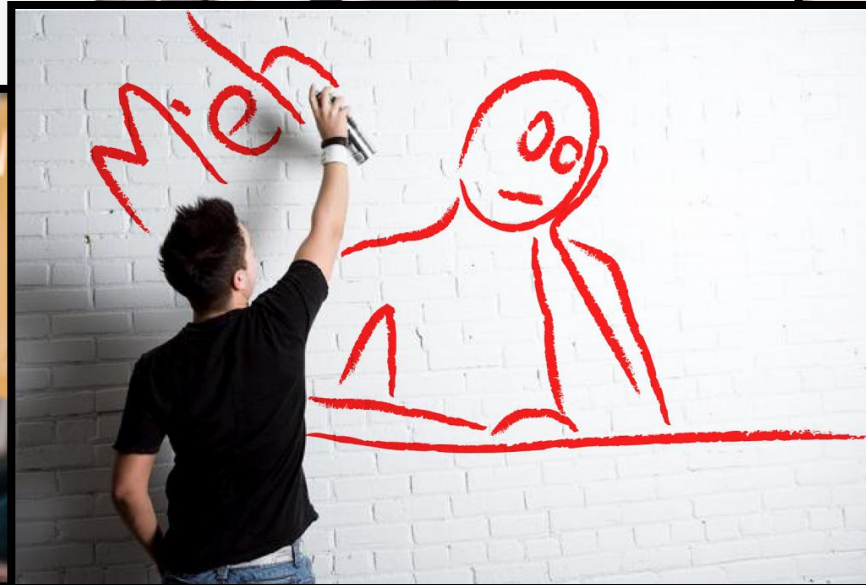
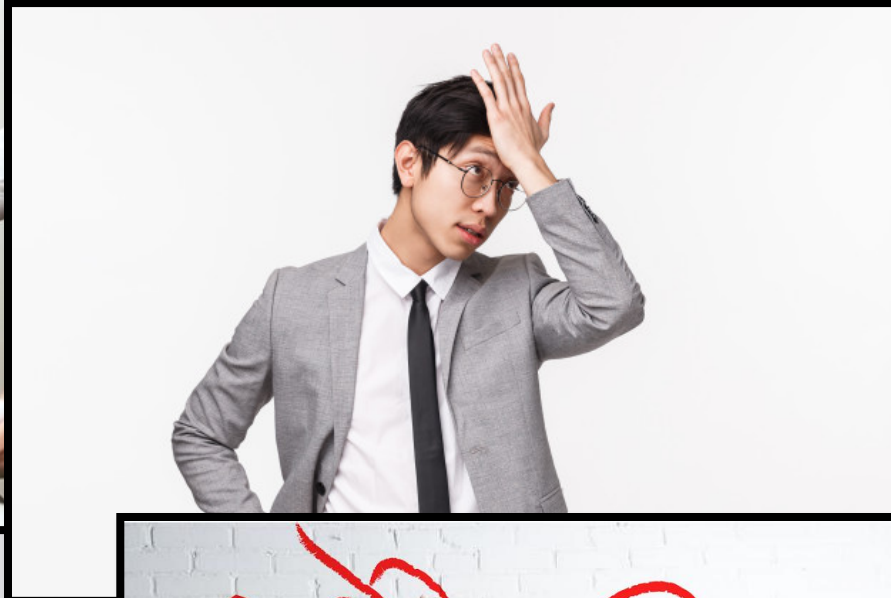
dudefluencer.com/mens-self-care/



Symptoms of Workplace Burnout



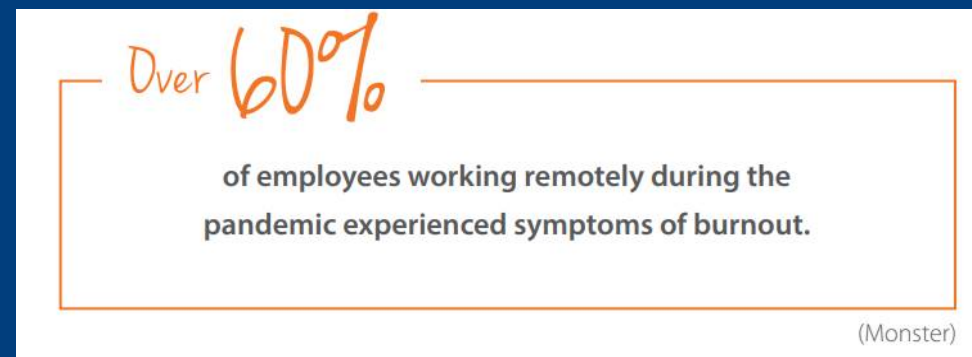
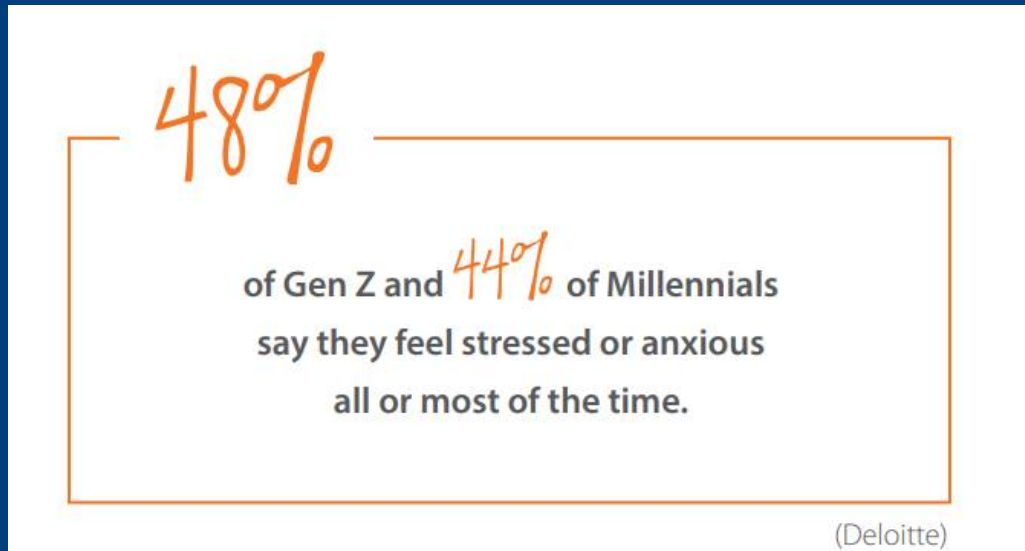
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Empathetic Leadership

Great leaders model the behavior they want to encourage.

Encouraging a culture of selfcare starts from the top.



Put Yourself First



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Be inspired by #SelfcareSunday.

No matter where you turn, someone is probably talking about self-care – the movement that's all about putting *you* first physically, mentally, and emotionally. And before you think, *I have zero time for myself*, repeat this: *self-care is not selfish*. Because when you put your best foot forward, everybody wins. Over the next few months, spend some time making every single week count (and realizing how valuable this is for your health).

<https://www.goodhousekeeping.com/health/wellness/g25643343/self-care-ideas/>



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Q&A



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Thank You!

Selfcare is not selfish, but instead a necessity.



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