

# Weekly Wisdom

## *Grow the Green for You and Your Team*



*“When we allow ourselves to adapt to different situations, life is easier.”*  
- Catherine Pulsifer

## Responding to Leadership Change

Any leadership change can stir up stress and uncertainty. With this month's changes in national leadership, we share self-care tips for times of change.

**Schedule calls or texts that will help you feel supported.** Reach out to friends or family who understand how you're feeling.

**Set social boundaries.** You do not have to talk to people about politics this week. Or ever. Engagement is up to you.

**Set your meals up for success.** What food comforts you? Plan a home-cooked meal or take-out.

**Limit your exposure to the news.** This includes doomscrolling.

**Talk a walk or get to the gym.** Physical activity helps us cope with stress. Physical movement reconnects us to our agency.

**Write about your emotions.** It doesn't need to be shared to be effective.

**Consider activism.** Small actions matter more than we realize.

**Reach out to FEAP** for additional help.

**Protect yourself.** If you are part of a marginalized identity group, make your physical and mental safety a priority. Identify advocacy groups and hotlines that you can contact.

**You have the power to choose.** Author and illustrator Charles Mackesy reminds us, “One of our greatest freedoms is how we react to things.”