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Refresh, Recharge & Reactivate:

Annual Conference for Ohio's Aging & Disability Network

Facilitator:
Dr. Kami J. Anderson

*let's create
the **future** together*

www.presidentialconsultants.com



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Dr. Kami Anderson

Director of Learning Design & Senior Trainer

Get Better.

Give Better.

Make the World Better.





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FLOOD THE FEEDS!

#HITTINMYRESET

@BLACKAWYFERMHOME

DR. KAMI J. ANDERSON





Questions to Consider:



1. How will you use this moment and time as your reset and refresh?
2. When will you safely purge the weight of career so that you may be able to continue?
3. How do you set intentions that meet the demands of your job and clients/patients AND ALSO meet the demands of your own mind, body and spirit?
4. Why is it important to regularly reset, refresh, and reactivate?
5. What are the ways you may already be doing the intentional work to refresh, recharge and reactivate?



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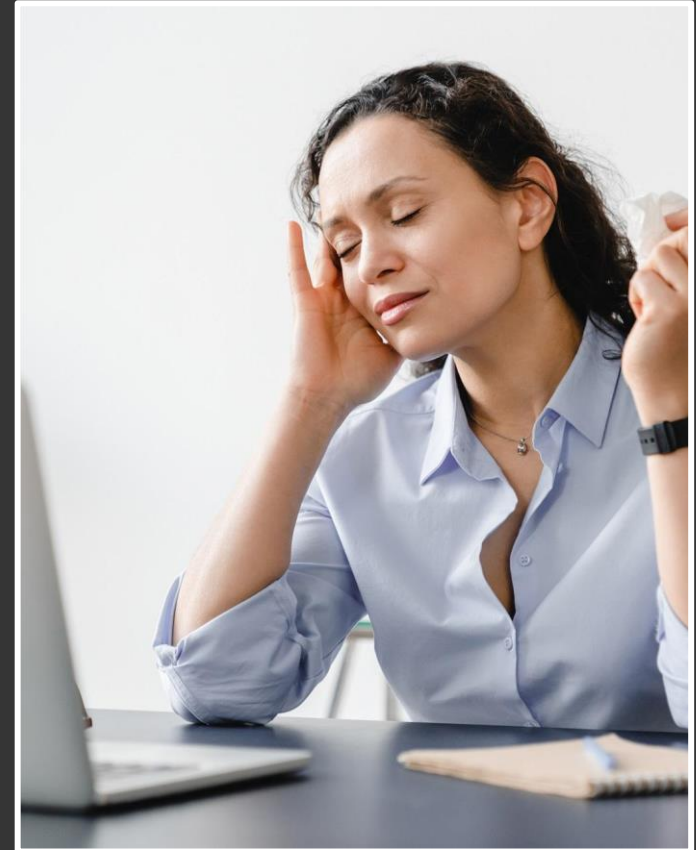
**Don't let the
smile fool you...**







- 80% of US workers experience work stress because of ineffective communication with others in the workplace.
- 54% of Americans want to stay informed about the news, but following the news causes stress. Right now, cutting on the news, can be VERY stressful.
- 76% of US workers say their workplace stress has had a negative impact on their personal relationships.





**Stress is a national problem and it impacts every,
single workplace, every single employee.**



Stressors Within the Aging Community:

- Decreasing health
- Lack of independence
- Losing family, friends and pets
- Possibly a diminishing social life/loneliness



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Relaxation

Self-care

Stress Management





The BREATHE Model (Bell, Evans & Burton, 2017)



B = Balance

R = Reflection

E = Energy

A = Association

T = Transparency

H = Healing

E = Empowerment



Refresh, Recharge and Reactivate with TRAVEL!

- **Travel Physically**
- **Travel Musically**
- **Travel to BED!**





Refresh and Recharge by Traveling **PHYSICALLY**



Turn n' Talk:

**If money and language were not an issue,
where would you LOVE to go?**



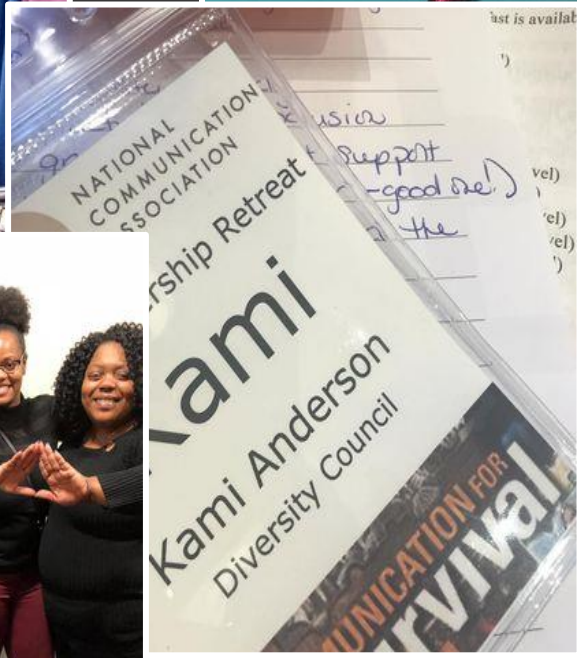
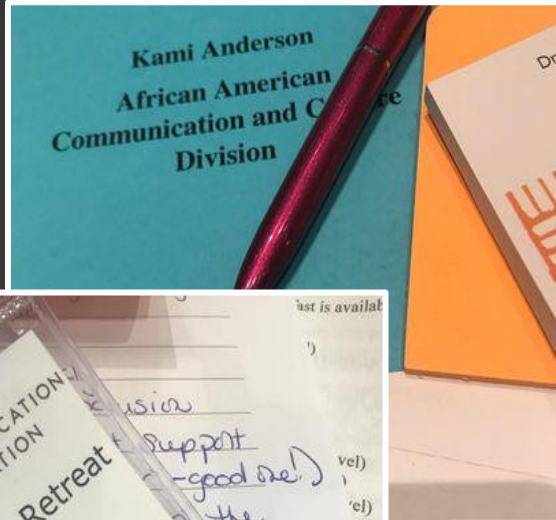
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Yup! I've seen the world!

Bilingual
round
abouts







**How have you used
this conference as
your Reset and
Refresh?**



Refresh and Recharge by traveling
MUSICALLY



*y no camina de la'o
(y no camina de la'o,
y no camina de la'o)*



What's your go-to song?

#hashtag moment: Share your song out



Dr. Shonna Waters (2022)

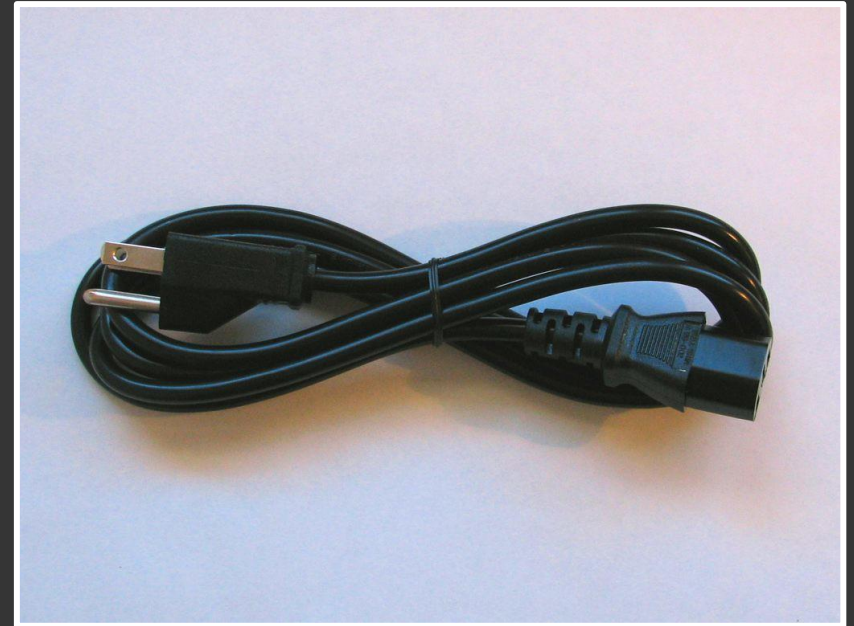
- **Improve learning, memory and cognition**
- **Boost creativity**
- **Protect your brain health**
- **Reduce stress**
- **Regulate your mood**
- **Improve sleep quality**
- **Maintain heart health**
- **Relieve anxiety and depression**
- **Boost your immune system**
- **Increase motivation and performance**
- **Regulate the nervous system**



**The
Guardian**



Tapping into the POWER SOURCE for Recharge and Reactivation



Which one are you?





Traveling to **BED!**



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NAP MINISTRY

REST IS RESISTANCE

A MANIFESTO

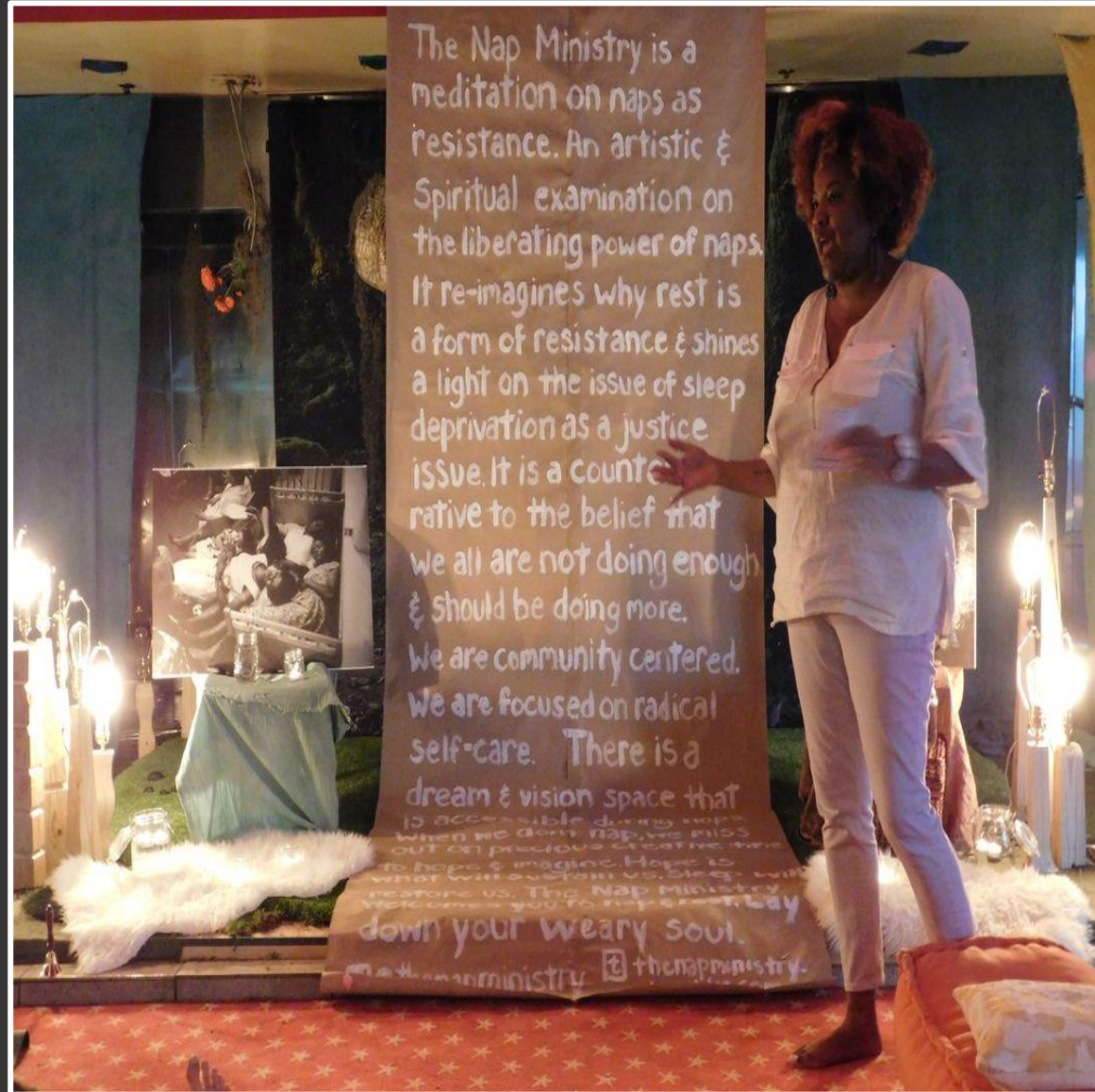
TRICIA HERSEY

FOUNDER OF

THE NAP MINISTRY



NAP MINISTRY





The Benefits of Rest

- Better memory and performance
- Lower weight gain risk
- Better calorie regulation
- Greater athletic performance
- Lower risk of heart disease
- More emotional and social intelligence
- Preventing depression
- Lower inflammation
- Stronger immune system





Radical Rest



- **Rest** is an invitation to healing. Allowing space to process your experience.
- **Passive rest** - Naps, Netflix and Nothing much!
- **Mindful rest** - Breathwork or meditation
- **Active rest** - knitting, baking, A walk in nature, sit on a park bench, play an instrument.



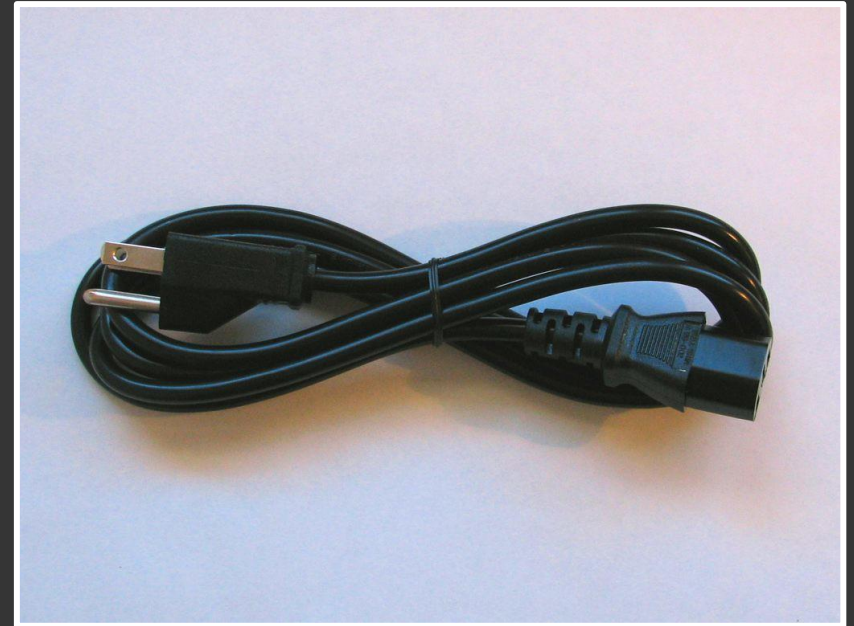
While you're here:

- Did you get your rest?
- Did you sit a little longer t that lunch with a former colleague?
- Did you lavish that moment of a glass of wine with a friend?
- Did you send yourself to your hotel room to lay down in exchange for an impromptu meeting?
- Did you make sure you didn't feel guilty about any of it?





Tapping into the POWER SOURCE for Recharge and Reactivation



Which one are you?



What has your heart been telling you?

What does it need to fully recharge?

Are you finagling the cord to keep going or

does your charging cord give you full juice

EACH and EVERY TIME

**But I said,
don't quit.**



**What is the main feeling you'd like
to foster in your life?**

Why?

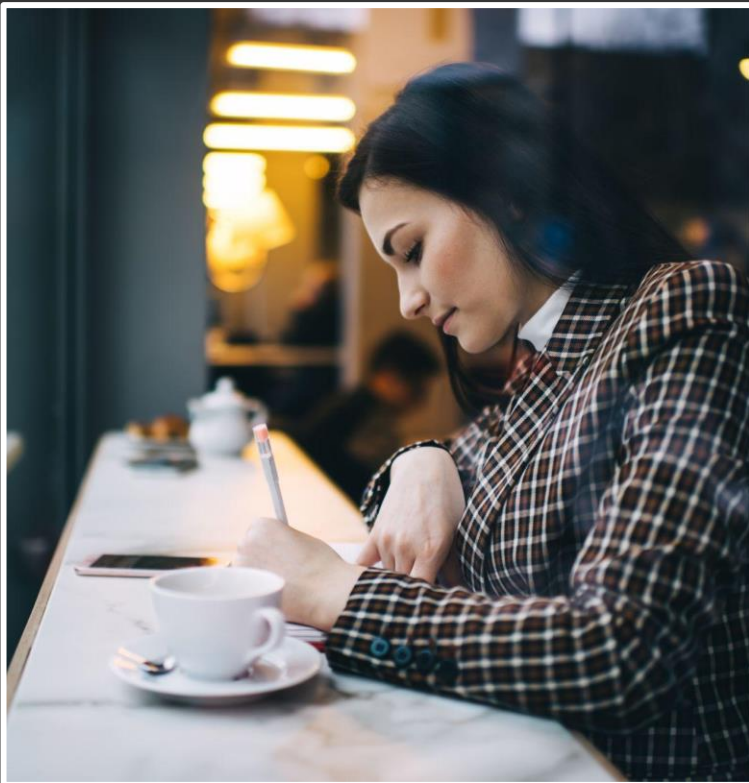
What would change about your life?



“I want to foster the feeling of being authentically and joyfully liberated.”



Final #hashtag moment:



“I want to foster

in my life daily.”

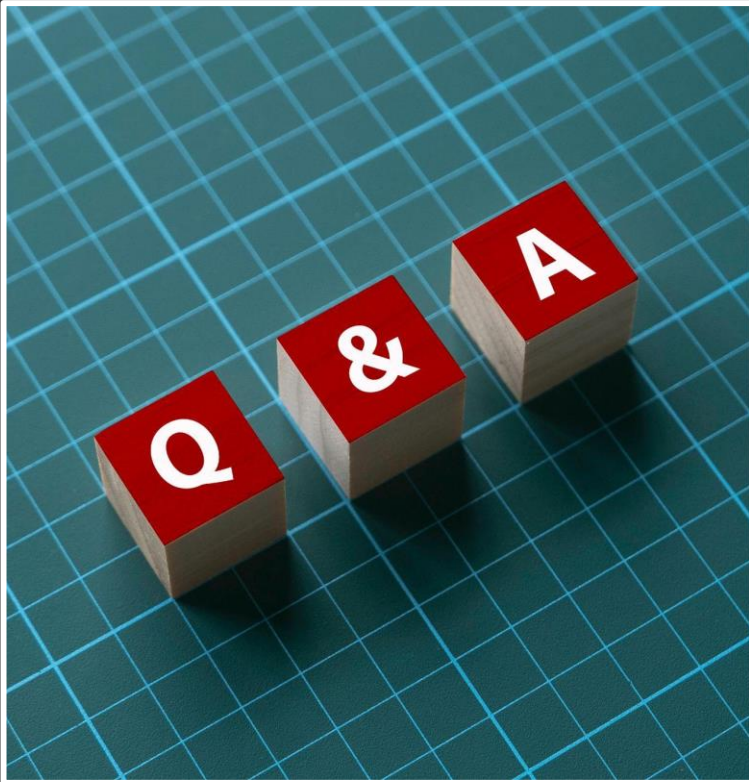
Gentle Reminders for a Quick Reset

- Take Regular Breaks
- Get Adequate Sleep
- Seek Support
- Practice Stress Management.
- Stay Hydrated:
- Stay Connected: Socializing can help reduce feelings of isolation and boost your mood.
- Set Boundaries
- Practice Self-Compassion:
- Engage in Hobbies
- Delegate Tasks: Consider Professional Help



Resources

- Bell, Evans & Burton (2017). Black Women's Health: Balancing strength & vulnerability. Albany: SUNY Press
- Davis, S. (2015). The "Strong Black Woman Collective": A developing theoretical framework for understanding collective communication practices for Black women. Women's Studies in Communication, 38, 20-35
- Hersey, T. (2022) Rest is Resistance: A manifesto. Little, Brown Spark
- Madlock, A. (2021) Voicing a womanist ethic of liberation and social justice among the religious right. In (Madlock & Glenn, eds) Womanist Ethical Rhetoric: A call for liberation and social justice in turbulent times. Lanham, MD: Lexington Press.
- Nelson, J. (1997). Accepting Rage. Ms. 8, 92-95.



QUESTIONS?



T₁ H₄ A₁ N₁ K₅
Y₄ O₁ U₁

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