

Is There a Pill for That?

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Stress is.....



Anxiety =

- Reactivity
- Oversensitivity
- Avoidance
- Negative self talk
- Perfectionism
- Ruminating
- Blaming and irritability/ OFFLOADING



IT SPREADS! Only you can prevent forest fires!

Some Personal Challenges or Pitfalls in City Management

- Complex and relentless issues
- **Time** crunch;
- **Serving** and **Surviving**.....
- Living in your town; **always on duty?**
- Being Overly connected (and under **CONNECTED**)
- **Overly responsible**- A Work /Home challenge
- **Vulnerability** to political change
- Likelihood of **displacement** and **uprooting** whole family
- Impact on **partner's career: children's schooling / socialization** or **special needs**

- Hint: **Even Public figures need private lives... and reliable , trustworthy supports**

TO-DO LIST:

1.



2.

EVERYTHING

3.



Uprooting



Loneliness



Time for Clear and flexible boundaries



Be Mindful of your Guiding Lights

(Some of them are right beside you)



Choosing What Matters

1) Find a Focal Point

- individually and as a family

(2) Find Focal Activities

Focus on involvement, continuity and pulling together

3) Make fundamental decisions TOGETHER

4) BE STILL

5) Be Real, not Virtual

adapted from *Arthur Boer: Living into Focus*



Opportunities in City Management

- **Time management:** Prioritizing and Meaning Making
- **Enjoy the complexity of life:** and Share that enjoyment!
- **Embrace the surprises** and be thankful you don't control the universe!
- **Expand your UMWELT!** It's a big big beautiful world!!!
- **Connecting is a Verb:** You choose! STOP....LOOK....LISTEN!

Opportunities in City Management.....

- The challenge and opportunity to set deep and lasting roots.... **Over and over again**

Be mindful, gracious and sensitive to each other.....keep your supports alive in every way possible....make an emotional , financial and temporal decision to do so....)

- Play and work fair; mobility can also enhance opportunities for your partner and children

Opportunities in ICMA.....

Opportunities to learn, grow and master your craft

Opportunities to connect with others... here and abroad

Sharing the joys, the challenges , the sorrows and the frustrations of your day to day with others who get it....

Expect to be Awe-struck....DAILY



Have Fun!!!!



A reading sampler.....

Living Into Focus; Arthur Boers

Save the World and Still be Home for Dinner:
Will Marré

The Gifts of Imperfection: Brené Brown

Questions/Comments?



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