

THE POWER OF PURPOSE

Mental Health & Leadership

You can't pour from an empty cup.

Leslie Taylor, PMHNP-BC, MSN, APRN

PURPOSE

The reason behind what you do.

It gets you out of bed.

It carries you through adversity.

It makes the hard things worth doing.

What makes what you do worth doing?

THE LEADER'S NERVOUS SYSTEM

**Before you lead others,
you lead your own state.**

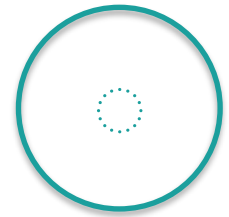


Our stress enters the room with us.
So does our calm.

The people we lead experience our nervous system, too.

NOTICE YOUR BREATH

- Close your eyes if comfortable.
- Notice your natural breath.
- Where do you feel it?
- Are your shoulders rising and falling?
- Is most of your breath high in your chest?



Don't change it yet.

SHIFT THE BREATH LOWER

- Let your shoulders relax.
- Place one hand on your stomach.
- Inhale gently through your nose.
- Let your abdomen expand like a balloon.
- Slowly exhale.



Breathe lower.

4-7-8 BREATHING

Let's add some structure.



INHALE



HOLD



EXHALE

Inhale for 4 • Hold for 7 • Exhale for 8

Don't strain. Slow down.

WHAT JUST HAPPENED?

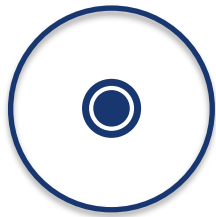
Nothing outside of you changed.

Your responsibilities are still there.

Your problems didn't disappear.

***But you changed the person
who is about to respond to it.***

NOTICE → REGULATE → RESPOND → LEAD



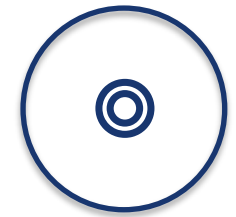
NOTICE



REGULATE



RESPOND



LEAD

You couldn't change your breathing until you noticed how you were breathing.

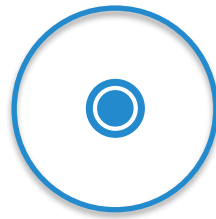
Leadership works the same way.

THE SWAG METHOD



SUNSHINE

+



WATER

+



AIR

+

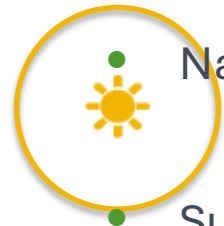


GRATITUDE

Simple. Foundational. Powerful.

Small daily habits that build mental strength.

SUNSHINE

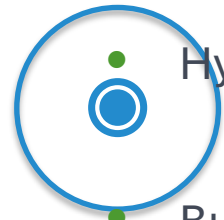


Natural light helps anchor your daily rhythm.

- Supports wakefulness and alertness.
- Get outside and reconnect with your environment.

Leaders need light, too.

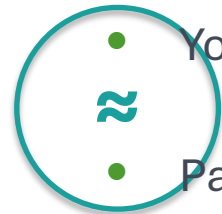
WATER



- Hydration supports basic physical and cognitive functioning.
- Busy leaders often run on coffee and adrenaline.
- Hydrate your body. Support your brain.

Basic needs are still leadership needs.

AIR

- 
- A teal circle containing a white wavy line icon, resembling a stylized 'S' or a wave, positioned to the left of the first two bullet points.
- Your breath can become a reset.
 - Pause.
 - Create space.
 - Move from reaction back to intention.

Respond with clarity, not reactivity.

GRATITUDE



Intentionally notice what is still good.

Gratitude does not mean ignoring what is hard.

- It means refusing to let difficulty become the only thing you notice.

What is still good?

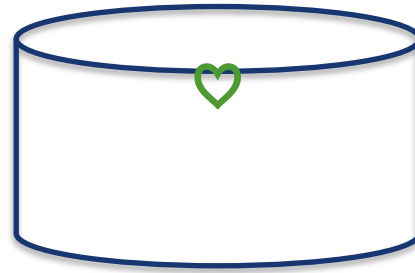
PURPOSE ≠ PRODUCTIVITY

- Your purpose is not your calendar.
- Not your title.
- Not your revenue.
- Not how many people depend on you.

Purpose is the why. Productivity is the how.

LEAD WELL. LIVE WELL. LEAVE WELL.

Protect the person carrying the purpose.



***You can't pour
from an empty cup.***

Take care of you, so you can take care of others.