



KEEPING YOUR SANINTY AS YOU LEAD  
THROUGH THE CHAOS!

“Keep Calm and Lead On”

# The Chaos Theory

- A mathematical sub discipline that studies complex systems.
- The science of surprises.
- Expecting the unexpected.
- The Post acute care environment is becoming increasingly complex and sometimes chaotic.

# Recognizing and Identifying Chaos

- Recent changes in the healthcare environment.
- Increased patient acuity.
- Increased regulations.
- Deinstitutionalization of Psychiatric Patients.
- Gradual Dose Reduction.

# Accepting Change



# Change

- Be prepared for the inevitable.
- Anticipate and plan for change.
- Think of change as new opportunities.
- Don't wish for more problems, wish for more skills.
- Accept the things you cannot change, but change the things you cannot change.

# Keeping Your Sanity

- Develop a resilient spirit.
- Take control of your own wellbeing.
- Take mental health breaks.
- Unplug from work mode
- Don't take yourself too seriously.

# Find a Mentor, Be a Mentor

- In a complex and chaotic healthcare environment, having a mentor helps alleviate the stress.
- Find people in your industry doing what you want to do.
- Find a leadership “superuser”
- Be a mentor to new leaders and front line staff.

# Celebrate Your Success

- Make time to celebrate your accomplishment, no matter how big or small.
- “Behind every successful woman is herself”.
- Celebrate individual and team successes.
- Reward and recognition for your leadership team.

# Learn From Your Failures

- Failures are opportunities turned inwards.
- Great examples of individuals who have turned failures into successes.
- “Success is the ability to go from one failure to another with no loss of enthusiasm”.  
-Winston Churchill

# Commit to Self Improvement

- Continued education opportunities in leadership.
- Develop new skills .
- Be a student of the craft.
- Read extensively .

# Develop Networks

- Develop networks outside of work.
- Learn creative ways to improve your workflow.
- Explore local and national organizations.
- Attend conferences

# Take Time to Unwind

- The mind body connection.
- Self care awareness.
- Relax and reenergize.
- Go ahead, take that PTO.

# Value Added Leadership

- As a leader, you bring value to your organization.
- Put in your best effort.
- Run your facility the way you would run your own business.
- Leadership is about performance, not potentials.

# Creative Leadership

- Creative leadership means thinking outside the box.
- Finding new ways to tackle issues.
- Be flexible and adaptable, without compromising your values.

# You Make a Difference

