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How full is your bucket?

Recently, I participated in a conference with chamber executives from around the state. We had an open and honest discussion by identifying what we're working on, what keeps us up at night, and what's next. The acronym "VUCA" was mentioned: volatility, uncertainty, complexity, and ambiguity. It describes the unpredictable changes we've been experiencing.

After a period of heavy discussions, one person addressed the need for self-care and mental health. Her words stuck with me as she talked about taking time out and seeking ways to fill her bucket (meaning her mental and emotional self). By doing so, she's able to have hope, focus, and a strong vision. She expressed the idea of not being able to fill other people up if her tank was empty. Another attendee gave the analogy of being on a plane, "it's like when the flight attendant gives the instructions that in case of an emergency, to put on your oxygen mask first before assisting others."

Over the past 6 months, we've experienced the unpredictability and have come to realize that there's no playbook for the unknown. Our familiar habits have been disrupted, which can put strain on our mental well-being. The Minnesota Department of Health gives tips on supporting well-being and expresses the importance of remaining connected.

<https://www.health.state.mn.us/communities/mentalhealth/support.html>

I'd encourage you to consider, "How full is your bucket?" It's important to set aside time for your mental and emotional needs, stay connected with others, and support your well-being. As leaders of the community, your businesses and organizations are a critical part of our community and we need you. Additionally, our chamber is filled with supportive businesses that specialize in self-care, health, mental health, fitness, and spiritual well-being. Now could be the perfect opportunity to visit the chamber website, page through the directory, or reach out to the chamber office to connect with a business that can assist in filling your bucket.

Take time for you.

-Christine