

# The Importance of Self-Care for HR

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# Welcome and Intros



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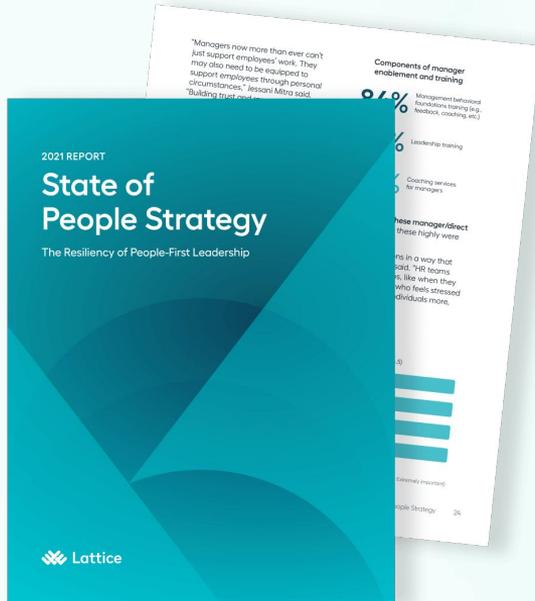
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# Today's Agenda

- 1 Welcome & Speakers
- 2 HR's Burnout Crisis
- 3 Panel Discussion
- 4 Key Takeaways
- 5 Q&A

# **HR's Burnout Crisis**

# Burnout is one of HR's most pressing challenges.



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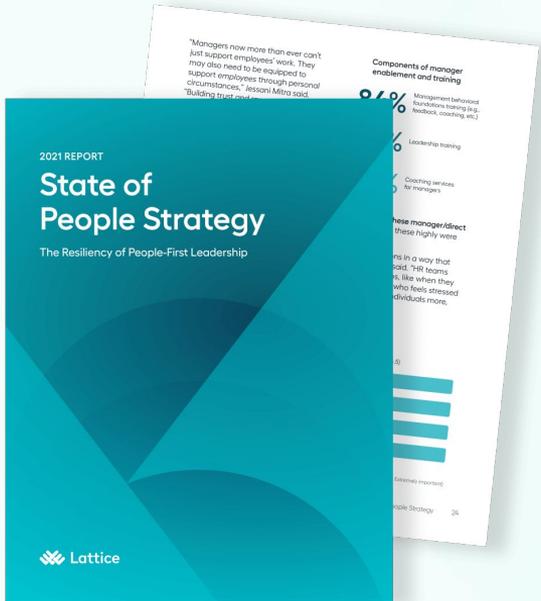
## Biggest HR Challenges

**55%** Sourcing talent

**42%** Overwhelming number of projects and responsibilities

**42%** Emotional exhaustion / burnout (for either myself or team members)

# HR teams are overwhelmed and understaffed.



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## What Makes HR Team Exhaustion Challenging

**67%** Department is overworked (increased workload / unexpected work)

**45%** The uncertainties of the pandemic make it impossible to plan

**41%** Department is understaffed

# Burnout comes at a personal and professional cost.



Poor Listening



Over-Analysis



Lack of Focus



Strained Relationships

# HR burnout and performance are linked.



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# **Panel Discussion**

# Key Takeaways

# Key Takeaways

- 1 Give yourself permission to take time, rest, and self-reflect.
- 2 In a moment of stress, use exercises to break the moment.
- 3 Seek out coaching and therapy resources in equal measure to combat burnout.
- 4 Connections and community can help you feel less alone.
- 5 Set boundaries early and often through delegation, prioritization, and simply saying “no” more.

**Q&A**

# Special offers from today's guests

**Special offer from Calm for HR professionals who attend this webinar:**

A free one year subscription to Calm for Business -  
[business.calm.com/lattice/sign-up](https://business.calm.com/lattice/sign-up)

**Connect with Julie Turney on LinkedIn for a free introductory coaching session:**

[www.linkedin.com/in/iamjulieturney/](https://www.linkedin.com/in/iamjulieturney/)

## Poll Question

If you'd like to learn more about  
**Lattice** and **BambooHR**, let us know!

**Thank you!**