



# Self-Care as Survival:

Practical Tools for a  
Powerful, Well-Balanced Life

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We're not  
built to do it all.  
We're built to  
**thrive** – when we  
give our bodies  
what they need.



# Self-Care is Not Indulgence. It's Infrastructure

*Your body keeps score,  
even when your calendar  
says 'keep going.'*





**The body cannot distinguish  
between physical threat,  
emotional overload, or  
constant work pressure.**



## Slow, deep breathing can help:

- ♥ Lower heart rate
- ♥ Reduce blood pressure
- ♥ Improve emotional regulation
- ♥ Decrease cortisol





## The Most Underrated Health Tool

*Rest is not a reward for productivity. Rest is what makes sustainable productivity possible.*





## Fueling the System

Focus on additions,  
not restrictions:

- ♥ More Water
- ♥ More Fiber
- ♥ More Fruits & Veggies
- ♥ More Intentional Eating





# Hydration Matters

*Food is information for your body. Hydration is support for every system you have.*





# Attention Is a Health Issue

*Every interruption forces your brain to task switch. It increases cortisol and mental fatigue*





## Mindfulness and Focused Attention Can:

- ♥ Improve memory
- ♥ Strengthen emotion regulation
- ♥ Lower stress responses
- ♥ Improve overall mental well-being





# Movement as Medicine

*Your body was designed to move. Movement is one of the most accessible forms of healing we have.*





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## **Small Shifts. Powerful Impact.**

- ♥ **Wellness is not all or nothing.**
- ♥ **Small, consistent habits reshape your health.**
- ♥ **It's not about balance every day. It's about awareness, recovery, and sustainability.**



*You deserve a life where survival is not the highest goal. You deserve a life where you can actually thrive.*

***Lead Without Losing Yourself***





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