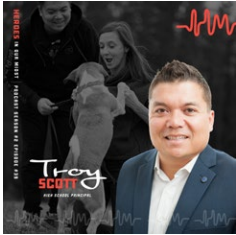


EPISODE #39

TROY SCOTT



“Having kids understand that tomorrow is another day. We are here for you. There is hope for the future.”

- Troy Scott, High School Principal

It is evident that Principal Troy Scott is doing all he can to stay mentally well and thrive during these challenging times. And by doing so, he helps his team do the same. How do we stay well when things are tough? Researchers on psychological hardiness have identified 4 specific areas that help people stay resilient during challenging times:

Staying connected to your why. Troy reminds us that leadership is about being your authentic self. For him, that means acting and leading in line with your personal values.

- | How do you lead? Take time to complete this quick values inventory to identify your top values.
- | Are you living your values in your leadership role now?
- | Are there areas you want to prioritize moving forward to be more in line with your values?

[Personal Values Assessment](#) - find out what is important to you.

Focusing on what you can control. When you are feeling overwhelmed, bring it back to right now, the present moment. Some strategies people have found helpful include writing down what is happening in their head, or asking themselves “what’s important now?”

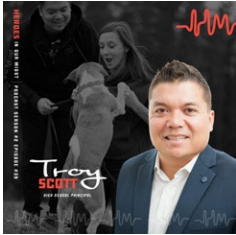
If you find you are getting too caught up in your own head try identifying 3 things they can see, hear and feel, or take some time to slow down your breath.

- | When you are overwhelmed, what do you practice to help bring yourself back to the present?

[Listen to this guided meditation](#) to help you take a pause and release tension.

EPISODE #39

TROY SCOTT



Embracing the opportunity to learn and grow from these challenging circumstances.

Troy continued to look at what children were gaining from this time.

- | How are you getting better right now?
- | How can you look at what you've been through to be better moving forward?

Connecting with other people. For Troy this meant being humble and building connections through differences, recognizing his support people and accessing them when he needed, and always looking for opportunities to laugh and build connection.

- | What does connection look like for you right now?
- | Who is on your support team?
- | When do you reach out?

[Learn more](#) about how to live your story while leading.