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## EXECUTIVE VITALITY™: WHY LEADERS SHOULD CONSIDER THERAPY

### Therapy can make you a better leader - here's how

Therapy can help you improve your demeanor and executive presence, and that benefits everyone. Coping with job pressures effectively, maintaining life balance, and increasing your cognitive abilities are good goals for therapy. Plus, therapy might open your eyes to mental health issues that could be affecting people you work with or who work for you. A calmer, more collected (more approachable/less reactive) YOU in the workplace creates a positive impact for everyone around you.

We recommend that you set up one session. If you find out that mental health issues are not affecting your vitality—that is to say, not affecting your health, job, relationship, or enjoyment of life—you don't have to continue. But before deciding that therapy isn't for you, consider seeking a therapist who might be a better fit *for you*. Finding the right mental health professional—someone with whom communication comes easily—is essential. No matter what your challenges are, it can be very helpful to talk to someone unbiased who is educated in human behavior.

In therapy, you can look at how to build resilience and avoid burnout; understand depression and anxiety. It is important for everybody, but particularly for people with high-performance jobs. It is in the nature of high-performance leaders to be rigorous about their work. Long hours, constant networking, travel—competition. Living that competitive lifestyle can take its toll on a person, on their relationships—both personal and at work—and/or on their job performance. It is not unusual for people who push themselves to the max and don't shy away from discomfort to experience depression from time to time—or anxiety most of the time. A person doesn't need to be having panic attacks to see a therapist. Seeking therapy should never be seen as a weakness.

### A good therapist will find out what perturbs you and help you re-orient yourself

Therapy isn't about fixing something “wrong” with you. Some frequent objectives of therapy are looking for different ways to react to circumstances—different ways to think about things—and changing your perspective so that you are empowered in your own life.

Consulting with a mental health professional has never been more convenient, now that most therapists are offering telehealth. Many insurance companies have waived the co-pay—presumably as a response to the sharp increase in mental distress that people have been experiencing. *TIME* reported: *Mental Distress Among Americans Has Tripled During the Pandemic Compared to 2018* (see link in further reading). Mental health therapy has never been more necessary and less stigmatized.

*Would you, or anyone you know, benefit from seeing a therapist? Is something bothering you that a therapist might be able to help you with?*

Further reading:

- [forbes.com: Mental Health In A Post-Pandemic World](https://www.forbes.com)
- [greatergood.berkeley.edu: Why Should You Go To Therapy](https://greatergood.berkeley.edu)
- [hbr.org It's a New Era for Mental Health at Work](https://hbr.org)
- [mentalhealth.gov: What is Mental Health](https://www.mentalhealth.gov)
- [time.com: Mental Health and Coronavirus](https://www.time.com)