



## SUPPORTING EACH OTHER

### Why Is This Important?

**Together we can do more.** Together we can lead. Together we can help provide opportunities. Together we can effect change. Together we can be supportive. Together, we can act as the mycelial network that supports forest ecosystems in a unified effect by providing support and collaboration.

Everyone struggles with the work-life balance; however, we can offer a myriad of ways to support ourselves and one another. As women are often caregivers within our communities and families, we can feel the burden of this struggle with more weight. Women have a history of putting others' needs before their own, often without recognition and support. We need to carve out time for self-care and prioritize mental, emotional, physical, and spiritual health. These issues are very much at the forefront recently, as prominent athletes, actors, and public figures have come forward sharing their challenges, as well as their high visibility choices and solutions. Suppose we follow their lead and focus on our physical, mental, and emotional health. In that case, we strengthen our ability to cope with daily stresses and, at the same time, model healthy behaviors for those around us. In this vein, we become exemplary leaders in promoting healthy living and work environments, thereby strengthening our capacity and capabilities as focused, resilient, and effective women leaders. There are many powerful levels of support we can provide, creating mycorrhizal fungal networks for others.

### How Will We Do This?

**WFC seeks to advocate for workplace support systems** that support mental health coverage and training and programs promoting wellness boosters, such as family leave, flexible work schedules, generous vacation plans, social opportunities, wellness programs, and much more. Promoting mindfulness through exercise, breathing, or yoga classes and especially Nature and Forest Therapy "forest bathing" can be of tremendous benefit. We can share our time and strengths through stories, pictures, advice, and best practices. Reaching out to those who need help or asking for assistance in any part of our journey is essential. We can invite colleagues and contacts to join our efforts to foster connection and connectivity. As a result, this will serve the goal of making forests and forestry feel like a safe and welcoming workspace for all. In addition, our forestry workplaces benefit from greater employee wellness in increased retention, increased productivity, increased creativity, heart-centered decision-making, and decreased health care costs.

