

NEWSLETTER - JULY 2023



**"Mental Resilience  
Building Your Personal  
Career Firewall"**

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July 2023

# MiC

- **Director of Cyber Partnerships & Engagement at the Edison Electric Institute**
- **Adjunct professor at American University, teaching graduate cybersecurity courses**
- **Serves in the Virginia Defense Force's special cyber unit to enhance the cybersecurity of state and local organizations**



## **MIC MEMBER SPOTLIGHT** **MONTY MCGEE**

**McGee has experience as a U.S. diplomat, managing strategic communications and outreach campaigns on cybersecurity and information technology issues**

**He also led Booz Allen Hamilton's expert team supporting the DoD Chief Information Security Officer's cybersecurity engagement with international allies and partners**

**McGee is fluent in Spanish and resides in northern Virginia with his family**

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# Layoffs.. Burnout.. OH MY!!

## A Self-Care Check-in

*Layoff after layoff... breach after breach... consistent stories of racial injustices... whether directly or indirectly, the impact of life's daily occurrences cannot be denied. Now is the perfect time for a self-care check in.*

*Oftentimes, we are busy and distracted and miss our body's signals informing us to take a moment to reset and recharge. For example, depression doesn't always present as sadness. Difficulty concentrating, irritability, fatigue and loss of energy, and changes in appetite are common signs of depression.*

It can become overwhelming as we try to compensate resulting in burnout. Burnout renders us exhausted physically, mentally, and emotionally.

The following contains self-care tips to aid you in preventing burnout and showing up as your best self in healthy ways.

**As Dr. Eric Thomas states - "You Owe You."**



# **Self-Care Tips**



## **Set Boundaries**

*Clear boundaries are essential, whether personal or professional. Yes, unplugging from social media platforms, news outlets, and social interactions is included.*

*Prioritize your time and mental space.*

## **Maintain a Healthy Lifestyle**

*Quality sleep, a healthy, balanced diet, and regular exercise are ways to improve your well-being and prevent burnout.*

## **Mindfulness Activities**

*Close your eyes for 2 mins and deep breathe. Be present. Express gratitude for the moment.*

*Stress decreases, and self-awareness is improved.*

## **Seek Support and Professional Help**

You do not have to figure everything out on your own. Seek guidance to better manage your day-to-day processes. Connect with others that empathize and support you. WE are all in this together.

**Prioritizing your self-care is essential for a well-balanced, healthy life.**





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**AWS Night - July 14, 2023**

**5PM ET | 4PM CT**

Registration: [bit.ly/MiCAspirers](https://bit.ly/MiCAspirers)

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