

Nurturing Success: The Crucial Role of Personal and Professional Self-Care

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Introduction

/Dr. Christine Coleman, PhD, LMFT
(she/her)

/Where mental health meets DEIB

/Licensed therapist, speaker, consultant,
and coach, Founder, Sol Sisters, Inc.

/Personal Mission: to destigmatize
mental health across cultures and
organizations

/As seen in: HBR, Vogue, Fast Company,
Huffpost, MSN, and Variety





Overview

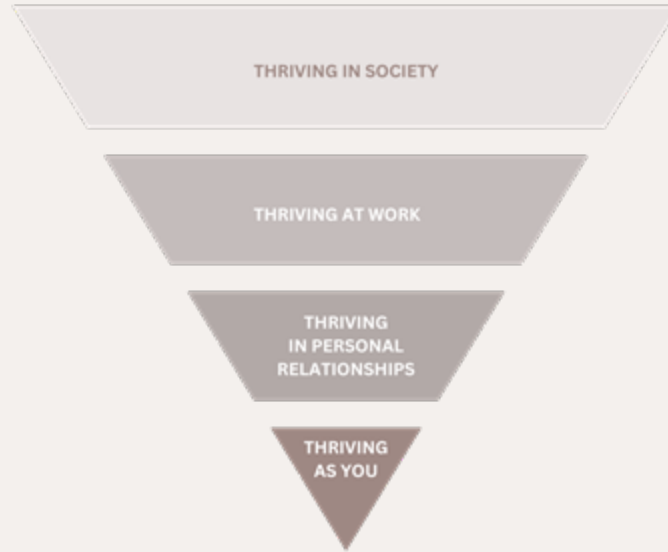
/Define self-care

/Identify barriers to self-care behaviors

/Explore approaches to self-care across personal and professional identities

/Gain practical tools to implement self-care practices

Thriving Framework



What is Self-Care?

/the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Source: Oxford Languages



Check Point

Consider what you need.

/Self-care

/Community Care

/Both



How do I know if I need more self-care?

/Change in sleeping or eating habits

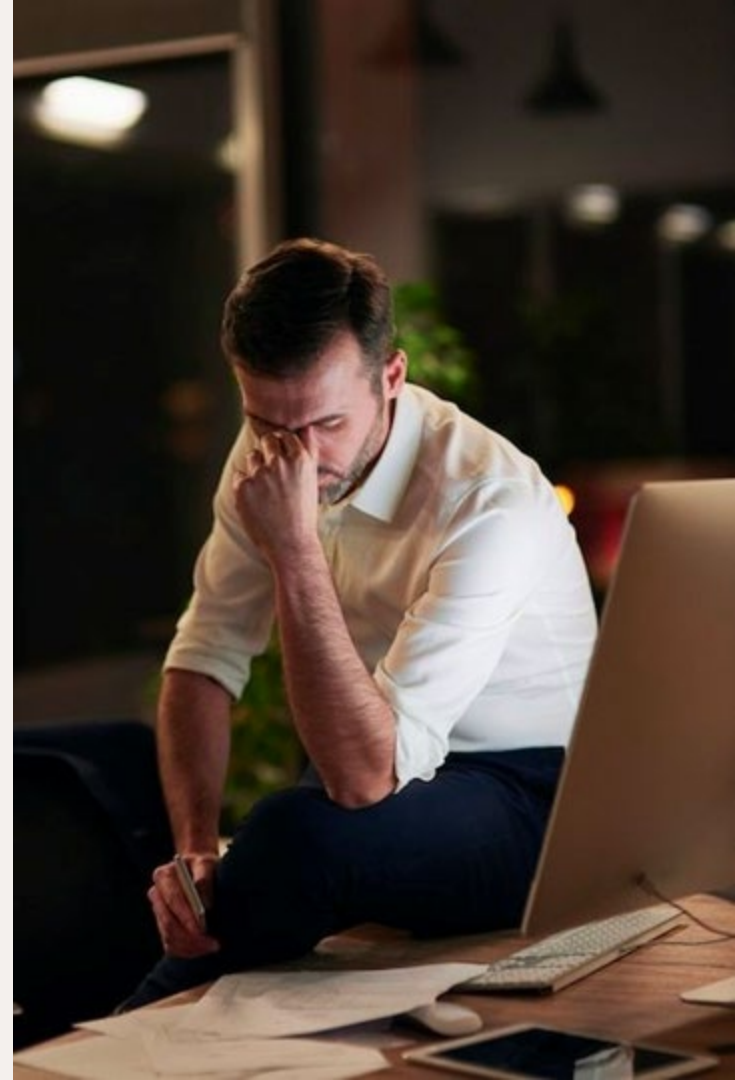
/Headaches, dizziness, or stomach upset

/Feeling unsafe, unhappy, guilty, vulnerable, anxious, or lonely

/Difficulty concentrating

/Withdrawn or irritated, crying or anger outbursts

Source: Waterford.org



Barriers to Self-Care Behaviors

RELATIONSHIP TO SOCIETY

/privilege
/not previously modeled

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” – Audre Lorde, Black Civil Rights Activist

RELATIONSHIP TO WORK

/pressure to perform
/fear of falling behind
/faulty logic: self-care is selfish

76% of respondents in a Mental Health America and FlexJobs study agreed that workplace stress affects their mental health, and 75% experienced burnout.

Source: Runn

RELATIONSHIP TO LOVED ONES

/caring for others needs above your own
/worry
/exhaustion

One recent study published in the journal Aging & Mental Health shows that 71% of family caregivers experience high levels of caregiver burden, or stress, and as many as 59.5% experience signs of burnout or compassion fatigue.

Source: Harvard Human Resources

RELATIONSHIP TO SELF

/guilt
/shame
/unworthiness
/haven't earned it
/no time

The challenges we face seem to be something that makes us miserable and our stress response and poor coping inevitable.

Source: Psychology Today



Practical Self-Care Tools

THRIVING AS YOU

/therapy or professional support

/intentional time with self to reflect (journal, meditation)

/community care

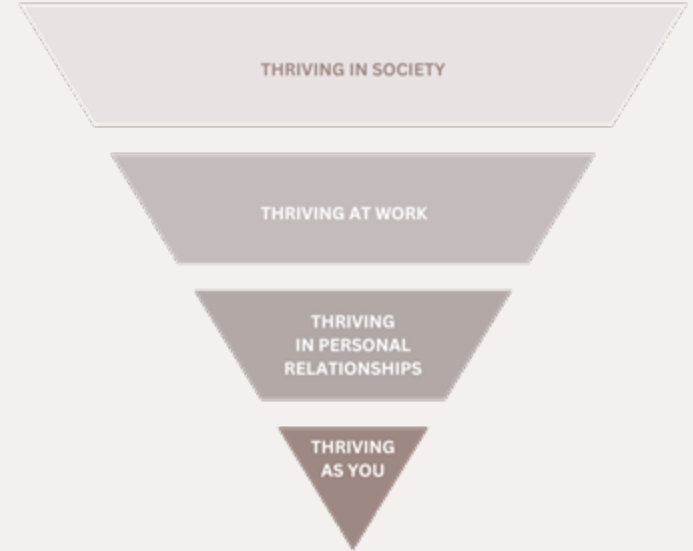
THRIVING IN PERSONAL RELATIONSHIPS

/honest conversations

/boundaries

/assessing for what you need (light or deep, community or alone)

/make a self-care plan



Practical Self-Care Tools (continued)

THRIVING AT WORK

/take time off

/delegate

/sleep/rest routine

/eat

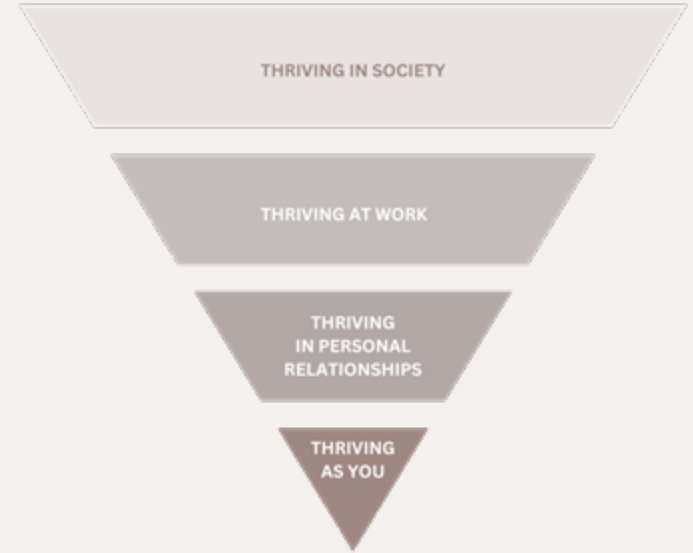
THRIVING IN SOCIETY

/community care

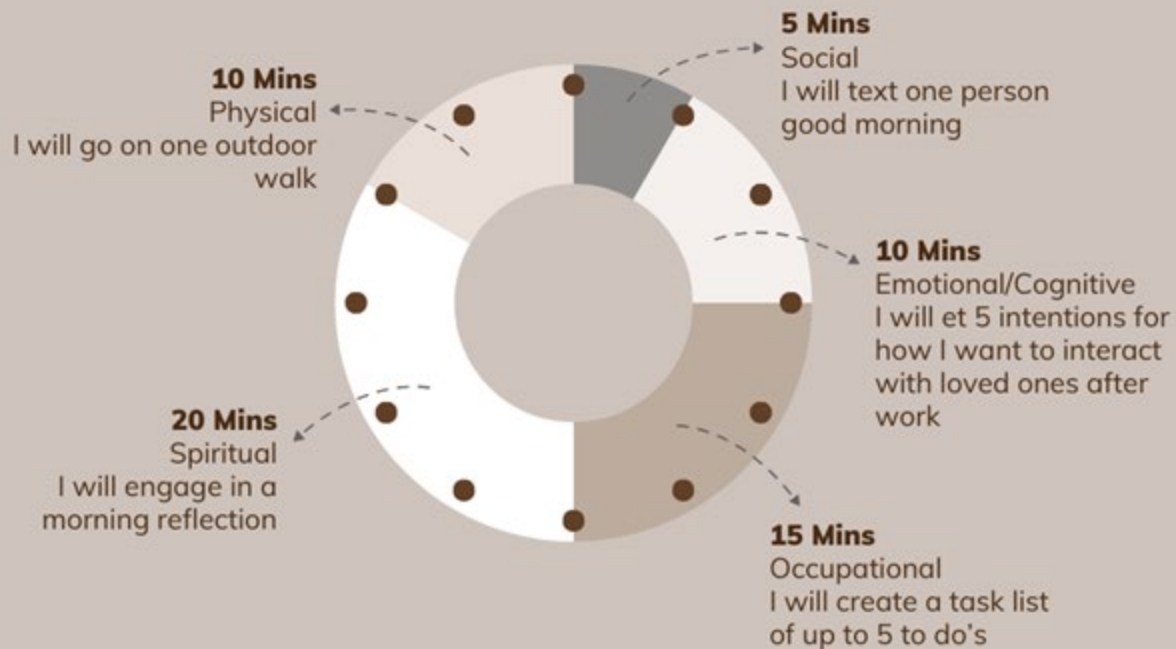
/assess what matters to you

/pleasurable activities

Radical self-care as a Black feminist ideology/praxis has denoted a necessitated self-care act rooted in the principles of self-determination, self-preservation, and self-restoration Source: (Hooks, 1993; Lorde, 1988; Hill Collins, 2000).



Thriving SELF-CARE PLAN



Strategies to Make it Stick

1. Start small
2. Is it: specific, measurable, attainable, realistic and time-bound
3. Reduce then remove harmful habits
4. Do things you actually like
5. Assess (then reassess) your schedule
6. Make the time
7. Accept accountability and support



Outcomes

- /better able to regulate emotions and handle stressors
- /become more mindful, happier, and enjoy life
- /cultivate positive relationships
- /set a good example
- /accomplish more, better quality
- /improved quality of life

Source: Calm Business



Reflection

/ What have you learned today?

/ How will this information benefit you?

/ How will you put what you have learned into practice?



Thank you!

Q&A



Stay In Touch!



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