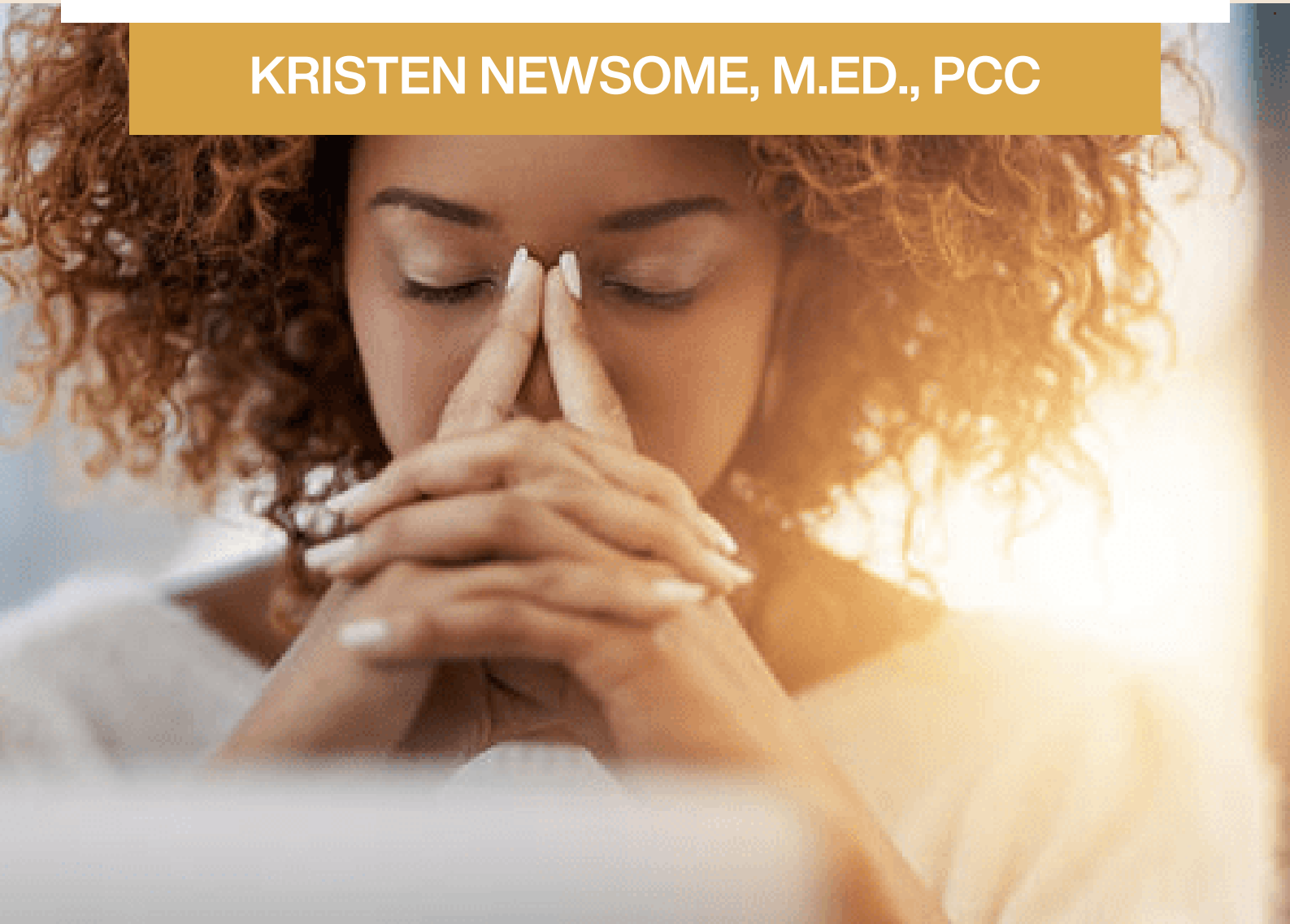




**WHEN EXHAUSTION
OVERWHELMS:**

10 PRACTICAL STEPS FOR SELF-CARE

KRISTEN NEWSOME, M.ED., PCC





She gives so much, is everyone's champion and defender, but often puts herself last. People love to tell her how strong she is, but she is exhausted. There is no energy left for herself, her goals, or her dreams.

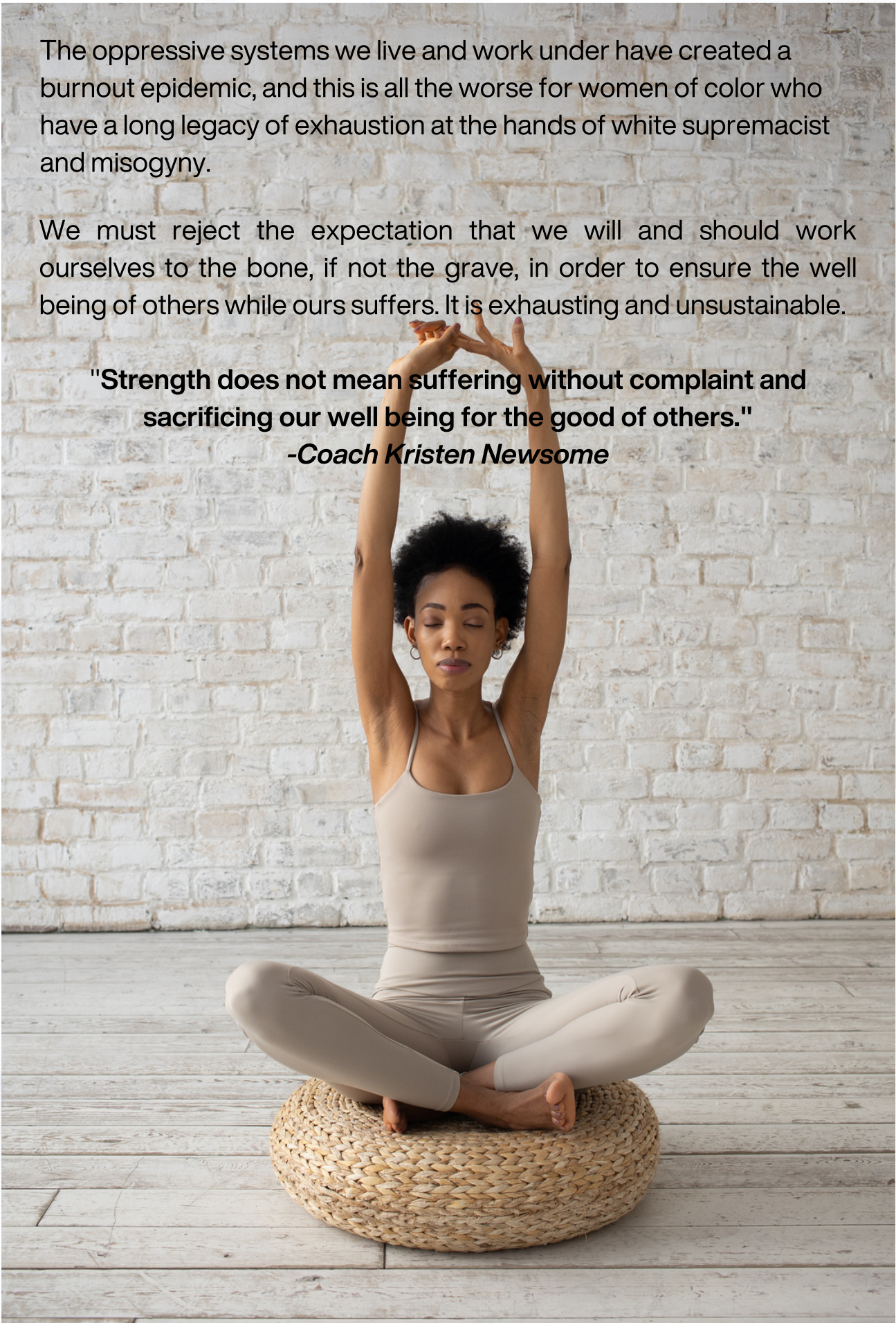
***SHE** is burned out.*

The oppressive systems we live and work under have created a burnout epidemic, and this is all the worse for women of color who have a long legacy of exhaustion at the hands of white supremacist and misogyny.

We must reject the expectation that we will and should work ourselves to the bone, if not the grave, in order to ensure the well being of others while ours suffers. It is exhausting and unsustainable.

"Strength does not mean suffering without complaint and sacrificing our well being for the good of others."

-Coach Kristen Newsome



10 Practical Steps for Self-Care

These are easy steps you can immediately put in to practice with low investment and rapid results.

01 Get Eight Hours of Sleep a Night

Adults should get seven to nine hours of sleep a night, according to the Sleep Foundation. Setting aside just 20 minutes in the evening to wind down can help prime the body for rest. Reading, journaling or even coloring are all ways to relax before bed that don't involve screens, which can get in the way of good sleep.

02 Go for a Walk in Nature

Incorporating movement into your routine is important for physical self-care. Scientific studies show that regularly walking in nature is also linked to improving mental health.

03 Eat a Nutrient-Rich Meal

Not getting enough essential nutrients can lead to feeling mentally and physically drained, which is why experts say nourishing the body with healthy foods is important. Medical professionals encourage engaging all the senses as you enjoy your meal, taking in its colors, smell, texture and taste.

04 Listen to a Podcast

This is an example of mental self-care, and it can be done at the same time as physical self-care. Listening to a podcast is a way to engage the mind. If you're not into it, try a word game, reading or learning about a new subject.

10 Practical Steps for Self-Care (cont.)

These are easy steps you can immediately put in to practice with low investment and rapid results.

05 Meditate

The benefits of meditation have long been established. Research shows taking time to relax and re-center can lead to better physical health as well as fewer feelings of anxiety and depression.

06 Journaling

Journaling is an effective form of emotional self-care because it can help you process and understand your emotions. There are many journals with specific purposes in mind—gratitude, self-love, intention-setting—and it doesn't have to be time-consuming. Even just taking five minutes a day to reflect can be beneficial.

07 Connect With a Faith Community

If you have religious or spiritual beliefs, connecting with like-minded individuals at a church, temple or mosque is a way to practice spiritual and social self-care. This is important for giving perspective on what your life is actually for, or purpose. Setting aside this time serves as a reminder that there is more to life than just going through the motions.

08 Volunteer in Your Area

Anyone can put this into practice, whether they have specific religious beliefs or not. Making meals for the underserved, participating in a clothing drive or helping out at a local senior center are all ways to volunteer. It's another way of connecting to a bigger purpose beyond just yourself and feeling more connected in community.

10 Practical Steps for Self-Care

These are easy steps you can immediately put in to practice with low investment and rapid results.

09 Meet a Friend for Coffee

Studies show a direct link between friendships and life satisfaction. That's why it's important to find time to regularly meet up with people in your life who bring you joy. If your loved ones don't live close, schedule a phone or video call. If you are so inclined, mingle and connect with some new friends that seem interesting and get to know them better!

10 Spend 30 Minutes a Week Tracking Your Finances

Poor finances can spill over into other areas of your life, disrupting your emotional, mental and even physical health. Setting aside 30 minutes a week to manage your money and reflect on your financial goals can help keep your overall well-being on track.

Consider which of these recommended steps to self care resonate most with you. Bring your ideas for your self-care plan to your next coaching call with Coach Kristen during your Spring Health Coaching appointment.

Part 2 of this self-care planning includes an overview of the 7 domains of rest and is available upon request.



Kristen Newsome, M.Ed., PCC

Career & Leadership Coach
CEO | Level Up Coaching, LLC
www.levelupcoaching.llc



Kristen Newsome is an ICF Professional Certified Coach (PCC) with decades of experience and over 5,000 hours of coaching and mentoring clients to succeed in business, government, education, and the private sector. Her core values as a coach are centered on respecting, creating space for, including, and elevating the voices of women from bodies of culture with diverse ideas and experiences. She focuses on strengths and values based coaching so they may overcome self-limiting beliefs, clarify their vision in their own voice, and create an intention for the life, career, and impact they envision.

Currently, she is CEO + Founder of Level Up Coaching, LLC, and contracts as a coach with Spring Health, whose mission is "making mental health accessible to all." Kristen is also the Founder and Executive Director of My Sister's Keeper Success Institute (MSKSI), Inc. a nonprofit 501 c(3) with national reach and a focus on BIPOC girls' personal & professional development and career mentoring.