

**LET'S GET**

*Personal*

**WITH OUR**

*Self-Care*

# INTRODUCTION

Let's get right down to it. Most women have been made to believe that "self-care" is selfish. We die in silence, we battle with depression, we accept being overlooked, we settle for less, and we are never given the chance to make sure that we are REALLY ok. How do we deal and heal? How do we get past the clouds of despair, that make us feel inadequate? How do we handle simply being who we are and function at our greatest levels? The truth is that most times, we can't.

We are not allowed to take days off. We are not allowed to say, "I'm hurting." We are not allowed to speak up or dance when we need to. Yet, we are always expected to be everything for everybody else. That is, until now.

We are standing boldly about our health and wellness. No longer will we accept being silenced, overlooked, and dying to live while



fighting for the lives of everyone around us. Sistah, it's time to take care of YOU! And no, you don't have to apologize for it.

Coach Stephanie Brown



STEPHANIE BROWN  
RECLAIM YOUR JOY AND UNLEASH YOUR POWER COACHING



# IT'S PERSONAL

## THAT'S RIGHT, SELF-CARE IS PERSONAL.

We all know that self-care is important so why don't we all do it? Well, I believe that reason is different for different people because we're all different. Self-care is often treated as a "one size fits all" practice. As an experienced life coach, I can tell you that THAT cannot be further from the truth. In actuality, despite a plethora of books and resources, self-care is still one of the number one challenges that professional women struggle with. This is especially true for professional Black women.



Soaring through self-care

I have found that when we are not doing something that we know is good for us it's usually because something is blocking us. That block is often something internal to us. And as you can imagine, what is blocking you is likely different from what's blocking me. That's why I say self-care is personal. I am doing things a little differently, instead of giving you a list of self-care tools, I am going to help you figure out your individual needs and then provide you with personalized tools at the end of this document. That's pretty cool, right?




CONTINUED...

# IT'S PERSONAL

## SELF-CARE IS NOT SELFISH!

I believe that self-care is not selfish but it is an act of service. It's an act of service to ourselves, which in turn allows us to serve others from a place of overflow. Because as we have all heard, we must put on our own oxygen mask first.



Soaring through self-care

**FOR BLACK WOMEN, SELF-CARE NEEDS TO BE RADICAL  
(YES, THINK HUEY NEWTON!)**

# RADICAL SELF-CARE...

Did you know that *Essence* declared 2022 the *Year of radical self-care*? This article found at <https://www.mindbodygreen.com/articles/self-care-for-black-women-excerpt> states that radical self-care is essential for Black women. The author, Oludara Adeeyo, puts it this way: “Radical self-care is the active decision to put your wellness before anyone or anything else. For Black women, it is a form of protest against a society that is determined to oppress us to death. By choosing to intentionally take care of yourself, you are letting the world know that you are a person who knows her worth and cannot be made a Black martyr. Radical self-care goes beyond your physical fitness. It also includes your emotional well-being, as well as the condition of your soul or spirit.”

As a practicing MD and Certified Life Coach, I have had an unprecedented front-row seat to the toll that the past few years have taken on you as a Professional Black Woman.

You have stood with two feet, firmly planted at the center of a vibrational earthquake, that will reverberate for centuries and have been asked to navigate the unimaginable with grace:

- A Global Pandemic
- Vast political divide and contentious elections
- Impending war
- George Floyd
- Breanna Taylor
- Ahmad Aubrey
- Racial Uprising
- Adjusting to the “new normal” over and over again
- Spraying, wiping, and masking daily
- January 6th, 2021
- Homeschooling your children and working to ensure they stay on track
- Showing up professionally “online” daily even when you don’t feel like it



# RADICAL SELF-CARE

## CONTINUED...

- Educating your colleagues about their “microaggressions” they seem so oblivious to
- Being home—inside—24/7 with everyone
- Frantically working to keep an invisible virus outside your home so you can protect your loved one
- Losing loved ones
- Picking up pandemic weight
- Losing our regular self-care routines like massages, salsa classes, group exercise, girls’ trips
- Postponing milestone celebrations—or holding them on zoom
- Not being able to spend time with the ones you love
- And giving every ounce of energy you have left to ensure you can “hold it all together,” without having a complete breakdown

But there are also the wins! That new promotion, that new business venture, that new board seat or political position. Not to mention, “the great resignation” For many, the opportunities we have fought so hard for are finally here and its exciting but it’s also overwhelming. How can you say NO to the opportunity of a lifetime? But, how can you do it all and still stay sane?

Damn girl.

I’ll bet you’re exhausted. You know in your bones this pace is unsustainable.

That’s why your self-care is not an option, it’s a necessity and not just garden variety self-care but radical self-care. Sis, you deserve a self-care routine that can neutralize the stress and the overwhelm so you can actually enjoy this historic moment in your life and bounce back from any set-backs.



A woman with long, thick purple braids is shown from the chest up, looking upwards and to the right. She is wearing gold-rimmed sunglasses and large hoop earrings. Her white t-shirt is tied at the waist. The background is a soft-focus, colorful bokeh of blue, yellow, and pink.

## TAKE ADVANTAGE OF THE PERSONALIZED SELF-CARE TOOLS PROVIDED AT THE END .

As an MD who writes prescriptions daily to equip my patients with the necessary tools for healing, I know that just like medications are not one size fits all, neither is self-care. I take a thorough history to understand my patient's needs and I want to understand your self-care needs so I can give you a personalized self-care plan that works for you. I see the result daily of the physical, mental, emotional, and spiritual neglect of Black women and I am determined to do something about it.

Black women have been taught to place themselves last. Tending to the needs of others is built in your DNA. As a result, the health disparities that black women experience are catastrophic.



CONTINUED...

This is why I developed the SOAR self-care assessment with you in mind. This assessment helps you discover your unique self-care needs. As a core energy trained coach, I know that there are 4 core energy blocks that hold us back from reaching our goals and it's no different with self-care. I have taken these 4 core energy blocks, adapted them for self-care and developed a way to measure your unique self-care strengths and needs **because self-care is personal!**

As professional women, we have limited time and energy so cutting to the chase and focusing on exactly what YOU need is the smart approach. Here are the 4 self-care energy blocks. One of these 4 energy blocks is your main self-care need. Once you know which one is your primary need, you can develop a **personal** self-care plan to address it.



# WHICH OF THESE DO YOU THINK IS YOUR PRIMARY NEED?



**Self-love** - At the root of self-care is self-love. But some of us find it easier to love others than it is to love ourselves. It's not always apparent on the surface but the "I'm not good enough" or "I'm not worthy" thoughts can run rampant in our subconscious mind and sabotage our self-care journey without us being aware.



**Overcome** - Some beliefs that we have held for a long time no longer serve us. They no longer represent our truth and it's time to let them go. Self-care is not selfish, it is an act of service. Any belief that makes it harder for us to practice radical self-care needs to be overcome.



**Adaptable** - Being inflexible and rigid can really get in the way of our self-care. Sometimes we need to pivot on a dime in order to make things work. Just because you've always burned the midnight oil and turned out alright doesn't mean you can't be more lenient with yourself now. It's ok to release some control.



**Realign** - Does it feel like you don't have enough time for self-care? Realigning your time with your values will show you that there is always time for self-care. Once you realign with yourself authentically, you will learn what feeds your soul and what drains you.



# HOW TO SOAR THROUGH SELF-CARE.

Now, I promised to show you how to soar through self-care. We soar when our self-care is radical because our self-care is the “being” that supports our doing. Let me put it another way; as professional women, we do a lot! We "do" at work, we "do" at home, and we "do" in the community. Honestly, many of us want to do more but we lack the energy or, sometimes, the time. Self-care is all about being: being at peace, being still, being healthy, being ourselves, and being whole. Once we have optimized our “being” then we will have more energy and TIME for the "doing." So, like I said before, radical self-care is a necessity.

All of us have self-care strengths, which are areas where we operate with ease and flow. But then there are those other areas, like exercise or sleep or mindfulness or not needing to be in control, that are like a pebble in our shoe. The SOAR assessment lets you focus on the pebble so that you can walk comfortably in all areas of self-care. After walking comes running and then soaring.



Soaring through self-care

# SO, HAVE YOU FIGURED OUT WHICH LETTER OF **SOAR** IS YOUR SELF-CARE OPPORTUNITY?

Don't worry if you haven't figured it out, I created an entire assessment to figure it out for you. If you want to enroll in my course and take the assessment and go through a 30-day self-care personal development program, visit <https://bit.ly/soaringthroughselfcare>.



If **Self-love** is your primary self-care need consider this. As a result of just being a human being born on this planet our need for love may not be met at all times. The opposite of self-love is the inner critic. How do you silence your inner critic or Saboteur?



If **Overcome** is your primary self-care need then overcoming limiting beliefs will help you soar. What I have found in my many years of coaching and being coached is that overcoming limiting beliefs is the secret work of adulthood. I say secret because no one ever tells you that you will have to do this. Overcoming your limiting beliefs will take your self-care to the next level.



If **Adaptable** is your primary self-care need then it means that being more nimble will help you to soar through self-care. Letting go of assumptions pushes us outside of our comfort zone which is where growth happens. It takes a lot of energy to stay on high alert and assume the worst possible outcome. Using that kind of energy will drain you mentally and emotionally and learning how to be more adaptable and release assumptions can refill your cup.



If **Realign** is your major self-care challenge then it doesn't mean your compass is going haywire; you may just be slightly off course but it is affecting your self-care. You may experience a sense of frustration due to being out of alignment with your true authentic self. The best way to take care of yourself is by being yourself fully and authentically.

# SOARING THROUGH **Self Care**

**Do you want to know your primary and secondary self-care needs so that you can focus on what your unique opportunities are?**

**Do you want support in working through these energy blocks?**

**Do you want your own personalized self-care action plan?**

**Do you want a personalized digital self-care toolkit?**



# SOARING THROUGH SELF-CARE...

If you answered yes to any of these questions then my Soaring through Self-care online course is perfect for you. You will get the opportunity to take the most innovative self-care assessment designed for professional Black women. Your self-care development journey will be personalized based on the results you get from the SOAR assessment. After you take the assessment, you will receive an email with your report and digital toolkit that



includes an explanation of your primary and secondary self-care needs and how they may be showing up for you. You will then be assigned to a specific personal development track of Self-love, Overcome, Adaptable or Realign based on your results. Once you are assigned to your track you will get the support and coaching needed to work through your particular block and get that much closer to the holy grail of radical self-care. You will also develop a personal self-care action plan. But, that's not all! You will also get a one-on-one coaching session with Dr. Stephanie. You simply need to head over to <https://bit.ly/soaringthroughselfcare> to Learn More. Take advantage of a **limited time** special offer.

Here are your self-care tools, based on the 4 self-care needs. Go ahead and try them all or try the ones that are specific to what you think your need is. Of course, if you want all the tools, explore the course. [LINK](#)

**SELF-LOVE** **Watch n Know Your Worth and where you belong by Brene Brown:**  
<https://youtu.be/TfOE5ykj7EQ>

**Listen Worth Ethic**

<https://open.spotify.com/track/5MnULVc8b6Engry3cEeETI?si=978f118518cd4f76>

**Watch SOAR YouTube: Setting Boundaries with our Sisters**

<https://youtu.be/XiVYMjJ32qc>

**OVERCOME** **Listen Motivational speech: Never Give Up**  
<https://open.spotify.com/track/50MoBGoCJ5btYy7yACorqM?si=eb46a85cbee641fa>

**Watch SOAR YouTube podcast on Mindset:**

**“Don’t Die a Bag Lady”**

<https://youtu.be/mbGpo8j9DYo>

**ADAPTABLE** **YouTube: “God knows When” by T.D. Jakes - CLICK TO WATCH**  
<https://youtu.be/gPqx452QM6I>

**How to Stop Making Assumptions - CLICK TO READ**  
(<https://www.harleytherapy.co.uk/counselling/making-assumptions.htm>)

**SOAR Podcast: “Polished But Not Perfect” - CLICK TO LISTEN**  
<https://www.podbean.com/pu/pbblog-3ra47-8do646>

**REALIGN** **Realign**  
**Motivational Speech: Don’t Take This Life for Granted**  
CLICK TO LISTEN -  
<https://open.spotify.com/track/otf41ozvGqksxxjJdAqhmF?si=9fdb3aa1f9634e8c>

**“Affirmations” by Rev. Regina Clay - CLICK TO LISTEN**

<https://music.apple.com/us/album/crowned-affirmations/1317002470>

**SOAR YouTube: Highly Conscious Energy; Simone Biles**  
CLICK TO WATCH - <https://youtu.be/NvLFisiMDBc>



# Daily Affirmations

**I am surrounded by love and abundance!**

**I love my body and what it can do!**

***I am strong and capable!***

I AM HEALTHY!

**I AM BUILDING A LIFE I LOVE!**

**I am in control of my choices!**

*I am open to learning and growing!*

***I am exactly where I need to be right now!***

# THE CONCLUSION

Congratulations for taking the time to learn more about how to personalize your self-care. Utilize these tools to get personal with your self-care. You may need to listen to the affirmations or watch some of the videos everyday for 30 days until it sinks into your spirit. If it's more self-love that you need, put your inner critic on notice and increase the amount of loving affirmations you tell yourself. If it's overcoming limiting beliefs that is holding you back, it's ok to let go of those beliefs that no longer serve you. Self-care is not selfish, it is a form of service. If it is adaptability that is blocking you, remember that stretching outside your comfort zone is a good thing and change is really the only constant we can depend on. We may as well embrace it. Lastly, if realigning is the area you need to address to get you to radical self-care, imagine this: your future self, who is at peace and fully authentic, extending a hand to welcome and show *you* how to use your time wisely on your self-care. If you need help figuring out which one is your primary need or support in any of these areas, please join the **Soaring Through Self-Care** course or my **QRC Membership**. Also, reach out to me for 1:1 time.