

FIVE TIPS FOR WOMEN OF COLOR

Thriving Beyond High Functioning Depression

1. Acknowledge Your Feelings:

- Journal Daily: Spend a few minutes each day writing about your emotions and experiences. This practice can help you recognize patterns and validate your feelings.
- Seek Safe Spaces: Identify trusted friends, family, or support groups where you can share your struggles without fear of judgment.

2. Prioritize Self-Care:

- Schedule "Me Time": Dedicate regular time each week to activities that you enjoy and that replenish your energy, whether it's reading, yoga, or a hobby.
- Set Boundaries: Learn to say no to additional responsibilities that overwhelm you and focus on activities that contribute to your well-being.

3. Connect with Mental Health Resources:

- Professional Help: Find a therapist or counselor who specializes in working with women of color and understands the unique challenges you face.
- Support Groups: Join groups where you can connect with others experiencing similar challenges, fostering a sense of community and mutual support.

4. Cultivate a Spiritual Practice:

- Daily Reflection: Spend time each day in prayer, meditation, or spiritual reflection to center yourself and find peace.
- Faith-Based Community: Engage with a community of faith where you can receive spiritual support and guidance.

5. Set Realistic Goals:

- Break Tasks into Steps: Instead of overwhelming yourself with large goals, break them down into manageable steps and celebrate small achievements.
- Balance Work and Personal Life: Ensure you allocate time for personal interests and relationships, balancing your professional ambitions with personal fulfillment.

By following this checklist, you can begin to transition from merely coping with high-functioning depression to genuinely thriving in all areas of your life. Remember, it's important to be patient with yourself and recognize that progress is a journey, not a destination.

Hi! I'm COACH SO



I help high achieving, women of color, struggling with high functioning depression, transition from a life they hide behind, to the life God blessed them with, to fully thrive.

And I want to help you do the same.

Schedule a FREE 15-minute call to explore achieving serenity through a blend of psychiatric wisdom, faith, and your relationship with God.

[Book a FREE discovery call](#)