

The High-Performer — Stress Reset —

A Quick Reset Guide for Black Professionals

You're competent. Capable. Reliable.
And often carrying more than others can see.

Chronic stress doesn't always look like burnout. Sometimes it shows up as **overfunctioning**, **emotional containment**, **hypervisibility**, and **constant performance pressure**.

1. Name the Load

- What am I holding that isn't mine?
- Where am I overextending?
- What expectations am I silently meeting?
- Where do I feel pressure to always perform?

2. Reset Your Nervous System (3-Minute Practice)

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale slowly for 6 seconds
- Repeat for 3 minutes.

3. Protect Your Capacity

- What can wait?
- What can be delegated?
- What conversation am I avoiding?
- What expectation may need to be renegotiated?

4. Practice Micro-Rest

- 10 minutes without your phone
- A short walk without multitasking
- Logging off at a set time
- Saying "I'll get back to you" instead of responding immediately

5. Redefine Strength

- Strength is not constant endurance
- Strength is knowing when to recalibrate
- You are allowed to slow down, ask for support, and choose sustainability

Ready for Deeper Support?

The SHIFT Mental Wellness, PLLC
Counseling | Coaching | Consulting

Culturally responsive therapy for high-performing Black Professionals navigating anxiety, stress, burnout and life transitions



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