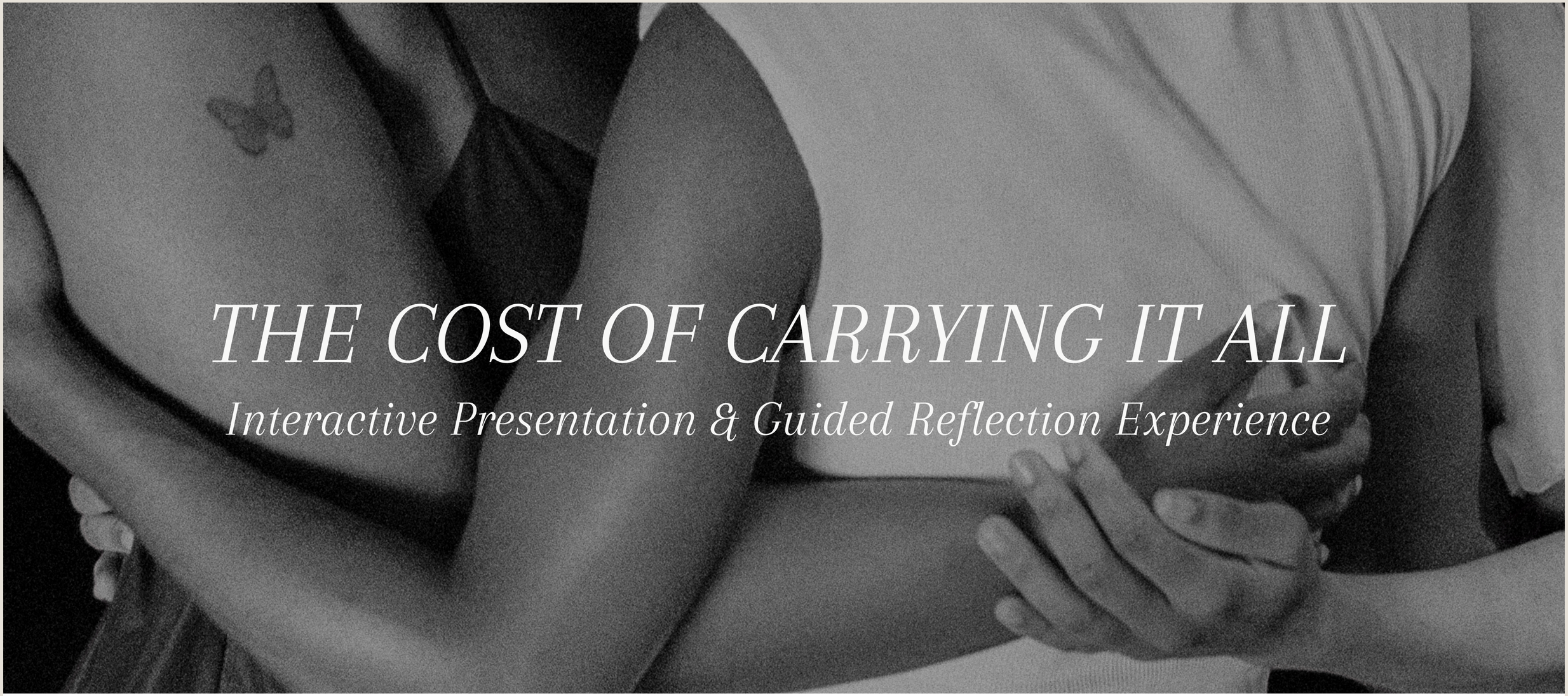


THE COST OF CARRYING IT ALL

Interactive Presentation & Guided Reflection Experience

Facilitated by Katara McCarty

Founder & CEO, Exhale | *Speaker* | *Facilitator* | *Certified Coach*

Anchor Idea



Just because we’re capable of carrying something doesn’t mean it’s ours to carry.

- The Mental Cost: Our minds rarely stop carrying
- The Emotional Cost: We become accustomed to pushing through
- The Physical Cost: Our bodies carry what we don’t always acknowledge

The Research

Gallup found that 51% of working women experience high levels of daily stress.

Exhale’s research, 74% of the 1,005 Black women surveyed reported chronic stress.

Challenge the Narrative



If I’m capable of doing something, I should be the one to do it.

A Revoluntionary Act



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

- Audre Lorde -

Choosing What We Carry

- Alignment: Does this responsibility align with what matters most to me right now?
- Capacity: Even if I can do this, do I have the capacity to take it on?
- Sustainability: What will it cost me to continue carrying this responsibility?



Thank you!