

CARING WITHOUT CARRYING: THE ART OF SETTING BOUNDARIES

by Dr. Kiki Ramsey

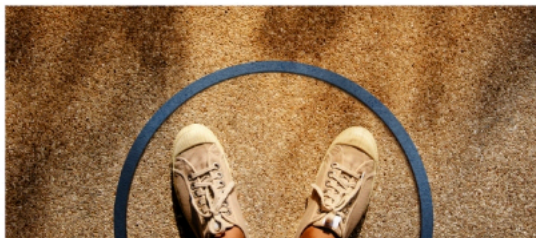
As a life coach and mental health advocate, I've come to understand the impact that managing mental health through boundaries can have on personal well-being and professional effectiveness. Prioritizing mental health is essential as we navigate the complexities of life. I've developed healthier relationships and environments by fostering self-awareness and recognizing my limits.

Exploring self-care practices like mindfulness and reflection has allowed me to better understand my needs, leading to resilience and emotional stability. One of the crucial realizations in my journey has been the understanding that I cannot care more about someone else's problems than they do. This lesson grew from my deep desire to help others, inspired by my childhood experiences of witnessing my mother's struggles with substance addiction. This later transformed into a mission to support women facing various challenges.

However, as I embarked on my coaching career, I was overly invested in my clients' successes. I often felt a more profound commitment to their goals than they exhibited, which affected my well-being. This dynamic didn't just stay in my professional life; it also carried into my relationships. A significant moment came when a family member contemplated a career change but showed little enthusiasm. Despite their lack of commitment, I became overly involved in their journey, leading me to stress and exhaustion.

During a candid conversation with this family member, I realized the importance of self-efficacy in personal development. I began to understand that while I could provide support and guidance, the responsibility for solving problems ultimately rests with the individual.

Establishing healthy boundaries relieved me. I learned that supporting others does not mean I am responsible for their outcomes. This shift in mindset allowed me to concentrate on areas where I could make an impact, reducing my anxiety and fostering a more favorable environment for both myself and those I aim to help. My journey demonstrates balancing empathy with boundaries, motivating individuals to take ownership of their challenges while protecting my mental well-being.



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ABOUT THE AUTHOR

Dr. Kiki Ramsey is a leading Positive Psychologist, ICF Master Certified Executive Leadership Coach, and founder of the Positive Psychology Coaching and Diversity Institute (PPCaDI), a leadership development firm that specializes in diversity and leadership coaching and training. With a strong background in business, DEI, and positive psychology, Dr. Kiki brings a unique perspective to her work as she helps leaders and organizations create more inclusive and happy work cultures that foster belonging for all. Dr. Kiki also is a Positive Psychology and Coaching professor at Life University.

