

Is It Time To Ditch Superwoman?



Learn to spot the signs of overwhelm before it hits you - Your Checklist

When times are busy and you're at more than full capacity what do you notice?

I tend to reach for certain foods: What are they? _____

I stop doing things that are good for me, or just for me: What are they? _____

My behaviour or moods change and I become more _____

I turn into a bit of a bitch / victim / martyr - circle any (or all) that apply.

I start to: sigh a lot pace the floor bite my nails get really tired something else:

make a note here:

I want to: Scream run away quit everything other

make a note here:

Once you know the signs of overwhelm you can start calling time on it!
The more practiced you get at this, the sooner you will notice it.
Eventually you will see overwhelm from way off
and be able to prevent it getting a hold on you!

Three Top Tips To Avoid Superwoman In The Future

1.

Manage Your Energy

Are you looking after yourself properly?

8 hours sleep a night, good nutrition, plenty of water, regular exercise... is there anything else you need to keep you energised?

(Visit www.helenleathers.com/wellbeing for your free energy audit)

2.

Calm Your Mind

Try journalling, meditation, time out in nature, or exercise...

What could you do?

(check out my blogs on meditation and journalling for more info.)

3.

Learn to say 'NO' and mean it!

Think of a stock answer or two that will provide a gap between your being asked to do something and giving an answer.

Something like... "ooh that sounds interesting, let me check a couple of things and get back to you"

Practice at home (alone) shouting out the word 'NO' with absolute conviction. Then practice maintain the energy and feeling of saying it loud, but getting quieter so that your quiet, regular 'No' now has more authority when you say it.

Why not drop me an email and let me know what you're planning to do.

Questions? Not sure what to change? Drop me an email about your concerns and I'll do my best to get back to you as soon as possible. helen@helenleathers.com

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