

# HOW WOMEN IN BUSINESS MANAGE THE STRESS FACTOR



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There's no denying that most women in business have a long list of responsibilities that can easily raise their stress levels.

Did I make the right decisions at work today? Will the company be OK when I go on maternity leave? Are the kids going to the best day care? Is my husband going to be able to help the kids with their homework tonight? The list goes on and on.

It's no surprise that some women in business are struggling to manage balancing their careers, families and their homes. Women are running their own businesses or climbing the corporate ladder and trying to maintain the balance that their mothers and grandmothers had when they had families. The question is, are we (women) doing it right?

As a business owner, wife, and mother of four, I am writing this article after serving hours at my children's school preparing for an event, cleaning up at

home, doing laundry and getting the kids to bed. I am writing this article so women do not feel like they must do it all perfectly or do it all alone.

When you consider the impact that social media has on our society today, it's easy for women to feel down on themselves. Pinterest is an amazing website that allows people to get ideas on decorating, organizing or "how-to" tips on parenting. However, it's sometimes easy to feel overwhelmed at keeping up with the never-ending stream of perfect ideas and engineered to do lists that make Donna Reed look lazy. Consider all the pictures friends and family post on Facebook, depicting their ideal lives for the world to see.

*(Continued on page 26)*

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## HOW WOMEN IN BUSINESS MANAGE THE STRESS FACTOR

*(Continued from page 25)*

As you gaze at these pictures you can't help but wonder, "Why don't I do that for my kids?" Although these sites provide so much for the OCD, Type-A moms out there like me, it also tends to lead us down a path of "If only I could do it better," or "Am I doing it right?"

I'm here to tell you that if I must go to bed before the dishes are done, the house does not explode. If I did not get the chance to read my children all the books they want before bed, they still wake up the next day and know they are loved. If I don't have all my emails answered by the end of the day, the servers don't go down. The point is, we don't have to perform everything perfectly to be a success. Our kids, our colleagues and our families can learn as much about how we handle our imperfections as much as they can learn about us doing things great! My advice is to make to do lists and forgive yourself if they are not completed at the end of the week.

Also realize that women in business don't have to do it all alone. When I first got married, I thought that I should do everything — work, cook, clean and take care of the kids. After a few years of marriage and a few conversations from some wiser women than myself, I learned

that I don't have to do it all. I count on the support of so many people every day. First, I trust in God that he will help me through any difficult situation, help me provide the best care for my patients and the best support for my staff. I count on my husband to be there to help with the kids and the house. I count on my kids to do what they are asked to do at school and home and to help each other. I also count on the amazing staff in my office who I can trust to perform their jobs well. No matter the situation, I've learned that I'm not out there on my own.

So, before I go and pick up the Cheerios off the floor and prepare for work tomorrow, remember to support and encourage all the women around you for the great things they do. We don't have to do it perfectly and we don't have to do it all alone!

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