



EMOTIONS

Dr John Demartini is a human behaviour specialist, educator, international best-selling author and founder of the Demartini Institute. Visit www.DrDemartini.com.



HOW TO COPE WITH **SUPER-MOM** SYNDROME

Q: I'm a working mother with three children under the age of 12. Although I have a good support structure, I still find myself exhausted most days, and dropping balls – either at home or at work. My career is important to me, and so is my family. We need two incomes to meet our monthly expenses. I also have a lot of guilt as a working mother – I feel like it is a game of compromise. I am not sure how to keep up with all the demands – not to mention taking care of my relationship or myself. Is there a way to cope better with the daily demands of a working mother?

A: Working fulltime while running a home and a family can at times become overwhelming. These days, modern women have an enormous number of responsibilities. With a busy schedule and the ever-growing demands on one's time, it is getting harder to balance life, career and family.

Mothers who face such exceptional outside social demands become vulnerable to "Super-Mom Syndrome" if they are unable to manage their priorities. This arises when you begin to feel exhaustion, and immense guilt at the same time, for all of the things you have to do, but can't get done. It occurs when you feel responsible for all of the many problems in your household that you feel you can't handle.

You start to blame yourself for not having the immediate solutions. You feel overwhelmed by being unable to efficiently multitask. As a super-mom, you may even think that you have to do all of these tasks instantly,

or else your family or career will fall apart.

Consider the Super-Mom Syndrome a result of unrealistic expectations and non-prioritised lifestyle decisions. Consider changing your daily lifestyle choices by setting realistic expectations on yourself as a mother, and learning the art of delegating.

By prioritising your daily household and work activities, targeting higher, more meaningful and inspired actions, and by asking for assistance so you can delegate lower-priority activities to those capable and inspired to do them, you can transform this so-called "syndrome" into growing and life-mastering opportunities.

Ultimately, every action you do will act as a feedback mechanism for you to live more authentically and according to what is truly meaningful and important to you – what is truly highest on your values. There are no mistakes, only feedback mechanisms to help you eventually to live the life you deserve. As a mom, you deserve to live a super life. ■