

THE HURRIED WOMAN SYNDROME

with Catherine Hart Weber and a group of experts

1. Stress and anxiety are considered epidemics in our society.

The panel of women share their unique stories.

We need to decide what is most important in our lives.

Women are 'people pleasers': "I can't let anyone down." It sets us up for stress.

Really, it is selfish of us not to take care of ourselves.

****De-stressors:**

- Nature
- Laughter: A key ingredient to relieve stress!

Learn to laugh at yourself.

Laughter helps you put your tragedies in perspective- It helps you:

- Bounce back
- Grow
- Realize what's most important in Life

THE POWER OF NO: We need to say 'no' at times and change our lifestyle.

*Your value doesn't come from what you do or produce,
but who you are as a person.*

2. We must learn to prioritize.

1. Sleep is critical
2. Eat a healthy diet
3. Set limits with your time and commitments
4. Enjoy relaxing moments
5. Exercise

Stress has a way of depleting our:

Energy

Time

Fulfilling relationships

Spirituality: We need quiet time and the refreshing of God's presence.

Sometimes we're forced into quiet times.

Take time to be in the presence of God.

Ask God to show you your priorities.

What do we do with the guilt of saying no? A lot of it is 'false guilt'.

We Don't Have To Be Perfect.

Being balanced, intentional and simplifying will bring a better quality of life.

Our prayer should be to help us prioritize our lives daily and find the **one** thing to concentrate on.

*Single women and stress:
They can have tremendous pressure with no built-in support system.
We must be a support for one another!*

Simplify and ask for divine encounters every day.

Ask for **JOY**: "The joy of the Lord is my Strength!"

~~~~~LAUGH~~~~~

Be wise with your time:

- Slow down
- Use time management
- Be efficient
- Be excellent

***"Lord, I surrender my life to You."***

***You can be a blessing to others!***