

+ Rediscover  
A Happier You



# It is tough trying to be a **SUPERWOMAN**

*You are the world's best juggler: family,  
work, money, kids, dinner, in-laws.  
You take care of it all.*

***But, who is taking care of you?***



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# It's time to take your cape off.

The world will be just fine. You are most likely a wife, a mother, a daughter, a sister and a active member of your community. You feel the pressure to "do it all." You don't want to give anything up. Yet, you know that if you try to do it all, you will be absolutely exhausted.

Before you pull your hair out, know that you can be great without draining yourself completely. You don't need superwoman powers to get it all done. You have a choice to regain yourself each day and in each moment.

**Did you know that women are more affected by stress than men and report engaging in unhealthy behaviors such as comfort eating, poor diet choices, smoking, and inactivity to help deal with stress?**

*If you or someone that you know is under more stress than a busy schedule, it may be helpful to talk to a professional.*



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