

Inspiring women

BETTER TOGETHER

8 ISSUES FACING WOMEN
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BEFORE THE BUMP

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AVOIDING BURNOUT WITH THE 3 P'S

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 **Franciscan**
HEALTH

MOVING FROM CONTROL TO INFLUENCE WITH KATIE IRK

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Letter *from* Franciscan

Hello!

When we launched our Inspiring Women program, the motivation behind it was to create a community that was different. Sure, there are many places to find the best morning smoothie recipe, learn to navigate cold and flu season, or find ways to add more peaceful moments into your day. But our goal isn't to be just another resource out in the world. Our driving purpose is to inspire women by providing relatable content that helps you and those you love through every age and stage of life. And, thanks to you, here we are with the second issue of our magazine!

We hope you'll spend some time reading our editorial "Avoiding Burnout with the 3 P's" to find out how small changes can make a big impact on life's stressors. Who couldn't use a little more of that, right? We're also thrilled Franciscan Health's own Dr. Kourtney J. Morris has lent her expertise and advice to those considering motherhood. "Before the Bump" offers health and wellness tips for giving a new bundle of joy the best start possible. For those telecommuting, check out our ideas to create boundaries in "Balancing Home & Office Under One Roof."

As spring begins to blossom, you'll probably spend more time out from under your roof, watching the flowers bloom and basking in the extended sunlight. We hope this seasonal fresh start combined with this newest issue of *Inspiring Women* provides you the encouragement, motivation and moments of reflection needed to lead a life filled with good health.

Life is a journey best traveled together, so let's continue inspiring each other along the way!



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Wonder Woman

"Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time. ⁵She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided."

Judges 4:4-5 (NIV)

Remember that 1980s commercial about a woman who brings home the bacon and fries it up in a pan? She was all that and then some. It was like she had some secret way of being the "it" girl for everyone who needed her. Deborah was one of those women.

She was married, led Israel and was a much sought after prophet for her wisdom and guidance. She was able to do these things and immeasurably more because of her relationship with God. She knew Him and spent time in prayer. When others sought her opinion, Deborah listened and waited for God to speak to her. Her servant's heart was in the right place, and she ruled from a place of Godly wisdom.

Deborah's influence was so great over rulers and army leaders, one of the commanders who sought her wisdom wouldn't move forward with his troops unless she came with him. Despite all the accolades and opportunities, her first dedication was always to God.

When our relationship with Him comes first, before everything else in life, we learn to hear God loud and clear. His voice rises above the noise of others and drowns out confusion and chaos. The more you listen to Him, the more He'll prepare you for whatever work lies ahead.

Why Self-Care Isn't Selfish

7 STRATEGIES
FOR CAREGIVERS WHO NEED
ZEN IN THEIR DAY



*T*oday, many people find themselves dotting on their parents in a way that's reminiscent of how they were once cared for by Mom and Dad. This role reversal can bring closeness and build lasting memories, yet it can also be physically and emotionally draining. The role of caregiver can enter our lives whether we're ready for it, or not. Sometimes it happens quickly, like when a loved one suffers a stroke or needs hands-on help after a fall or surgery. Other times, the level of personal care evolves. Perhaps there's a slow decline from a long-term illness, terminal illness or the effects of declining memory. Caretakers are just that—people who care for others, and if you find yourself in this group, you're not alone.

Women ages 45 to 56 often find themselves not only providing care for aging parents, but also raising dependent children and working outside the home. According to the Family Caregiver Alliance, more than 65% of our aging population requires long-term care and relies exclusively on family and friends. The majority of that responsibility falls squarely onto the shoulders of women. That's a challenge for anyone in this situation no matter how you look at it.

Whether we care for a parent because we feel it's our duty as their child, or because we love them and want to be the sole person looking out for their best interests, it can be difficult to manage all of the demands on your time and attention. No matter how you schedule, chart or graph the hours in the day, there's only one of you to go around. If your situation involves tending to someone in declining health, you're already aware that the care-time required steadily increases. If there's one thing we all know, it's that time cannot give us more time, no matter how we slice 24 hours in a day.

Whether you are running a parent to an appointment, working nine-to-five or chauffeuring kids here, there and everywhere, it's easy to forget that the most important person who requires care is you. As a result, your health and well-being can fall by the wayside. Consistently providing the best emotional and physical support to others starts with caring for yourself. How can you build a little time into your day just for you?

1 GIVE YOURSELF GRACE

You might forget the science fair project, the client meeting, the doctor's appointment or that it's your turn for the carpool. Give yourself grace—a lot of it. Grace can be something we easily dispense to others. Try to save a portion for yourself because you're facing difficulties hard to maneuver. Cut yourself some slack and realize perfection isn't possible.

2 REALIZE SELF-CARE IS NOT SELFISH

You cannot care for everyone else if you are not taking care of yourself. When your energy is depleted and the well has run dry, find a way to replenish it. Carving out just 15 minutes a day to exercise, journal or meditate can make all the difference in the world. If the demands on your time begin the moment you arrive home for the day, consider spending just a few moments alone in your car before heading inside. Jam to your favorite tune. Call a friend. Close your eyes and soak in the peace and quiet. Your mind and body need time to rejuvenate so you can give to others.

3 COMMUNICATE WITH THOSE IN YOUR CARE

Tensions can easily boil over during stressful times. Whether it's with your boss, husband, child or parent, you may find yourself the target of someone's anger, disappointment or even frustration. There's also the potential for you to lose your cool resulting in regretful words being exchanged. Be clear, concise and constructive when you communicate. Don't forget, being a good listener is just as important as expressing your needs. No one can read your mind, so take the time to talk things through.

4 ASK AND ACCEPT HELP

How many times have others asked if they could assist in some way and you replied, "No thanks! I'm good."? Caregivers are used to commanding the ship. You must delegate tasks to stay afloat. Have a list ready of ways people can step in to help. Take advantage of time savers. Whether it's running errands, providing dinner or sitting with your loved one while you enjoy a quick visit with a friend, next time someone asks what they can do, have an answer ready. Don't wait until you're overwhelmed to let others lend a hand.

5 FORGET PERFECTION

No parent or caregiver is perfect. Leave all your ideas and notions about what caregiving is supposed to look like at the door. How you and your family handle this situation is yours and yours alone to judge. Listen to advice from those who have been in your shoes, attend support groups, gather information then make your own unique plan for your family. Don't feel guilty if ordering groceries from an online service helps you manage your time better. It's pizza night? Again? Great! Let someone else do the heavy lifting in the kitchen. Let go of what you believe the ideal should be and focus on coping in the current circumstance.

6 JUST SAY NO

It's okay to say no to opportunities and events that may drain you rather than leave you refreshed. A night out with friends may be one person's idea of bliss. For someone else, picking up a large coffee and perusing a bookstore alone may be exactly what they need. Whether it's passing the job of hosting Thanksgiving to someone else or not attending PTA meetings, you control and decide what's best for you, your family and your sanity.

7 BE MINDFUL OF YOU

So many depend on you to be at your best. Get as much rest as you can. See your doctor regularly when illnesses or other personal health concerns arise. We all have limits as to how much we can endure in one day. When you're in good health, and rested, your patience and tolerance are much higher for whatever life will bring your way. Worrying about the well-being of others doesn't make difficulties disperse. What helps is when you take care of you.



SIGNATURE DRINK • REFRESHMENTS • BREAST EDUCATION • MAMMO SCHEDULING

laugh and learn the night away

Join comedian Tracy DeGraaf, a breast cancer survivor and mother, as she shares her life's journey through humor!

two shows
6-9PM

THURSDAY
JUN 23

THURSDAY
AUG 11

HISTORIC ARTCRAFT THEATRE
57 N. Main Street | Franklin, IN

AVENUE 912
202 W. Ridge Road | Griffith, IN

FREE EVENT
REGISTRATION REQUIRED AT
FRANCISCANHEALTH.ORG/EVENTS

 **Franciscan HEALTH**
CANCER CENTER



TEXT AN EXPERT

DIABETES PREVENTION



Amanda Crosby,
RD, LD, CDCES

Diabetes Educator

Wish your doctor was on speed dial? We texted some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

FIND A FRANCISCAN DOC



SCAN HERE!



What are the common symptoms of diabetes?

Common symptoms of diabetes include:

- Frequent urination
- Extreme thirst or dry mouth
- Fatigue and weakness
- Increased hunger
- Unexplained weight loss
- Slow-healing cuts

It may take a while to recognize these symptoms, so it's important to check in with your doctor.

Does menopause have an effect on blood sugar levels?

Yes! A drop in estrogen can increase insulin resistance, and lower progesterone levels can increase stress hormones that impact your glucose levels.

What should I do if I notice signs of diabetes?

Don't brush it off. Schedule a visit with your doctor immediately. If you are diagnosed with diabetes, ask to be referred to a diabetes educator as soon as possible. We can help you learn how to take control of the disease and reduce complications for a healthier you!

Easy Chicken and Potatoes One-Pan Dinner

A healthy way to make cooking dinner a breeze

Give your pots and pans the night off, and let your oven do all the heavy lifting. Sheet-pan dinners combine your choice of protein, veggies, starch, oils and herbs—a complete meal all in one. Not a fan of one of the veggies listed? Substitute your favorite. Want beef instead? Go right ahead!

PREP: 20 minutes

COOK: 35 minutes

SERVES: 4

DIRECTIONS

- 1 | **PREHEAT** the oven to 400°F.
- 2 | **LINE A LARGE RIMMED BAKING SHEET** with parchment paper, or instead, thoroughly coat it in olive oil or non-stick cooking spray.
- 3 | **IN A SMALL BOWL**, combine paprika, Italian seasoning, salt and pepper with melted butter. Set aside.
- 4 | **WASH AND POKE HOLES** into potatoes. Cut larger ones in half and place them into a large bowl.
- 5 | **SLICE** zucchini and set aside.
- 6 | **CUT** onion into wedges, carrots into sticks and mince garlic. Add the potatoes.
- 7 | **IN A MEDIUM BOWL**, coat both sides of chicken with olive oil. Sprinkle with half of the seasoning mix and combine.
- 8 | **USE** remaining seasoning on vegetables, including zucchini.
- 9 | **PLACE** all ingredients with the exception of zucchini on the baking sheet.
- 10 | **BAKE** for 15 minutes. Turn all ingredients over. Add zucchini to the baking sheet and return to the oven.
- 11 | **BAKE** an additional 15-20 minutes until chicken is cooked through. Total baking time is dependent on the size of ingredient pieces. Cut items to nearly the same size for even baking.

INGREDIENTS

- 1½ lbs. chicken breasts (about 4 breasts) cut into pieces
- 1 lb. baby potatoes, bite-sized
- 2 carrots
- 1 small zucchini
- 1 small red onion
- 3 garlic cloves, minced
- ¼ cup olive oil
- 1 tsp. paprika
- ½ tsp. Italian blend seasoning
- 1½ tsp. salt
- ½ tsp. pepper
- 1 tsp. butter (optional)

Better together:

8 ISSUES FACING WOMEN GLOBALLY

Around the world, women are still struggling to secure basic rights and freedoms. From gender-based violence to maternal healthcare, some of these battles are ones we also face at home. Together, we can educate ourselves, push back on oppressive policies and practices and finally create a world where all women have the chance to live their best lives.

1 GENDER INEQUALITY

Gender inequality is pervasive in many societies. It impacts the education girls and women can access, the jobs available to them and the money they are able to earn. It bars women from holding governmental office and minimizes their voices in conversations relevant to their well-being. To tackle gender inequality is to take on societal norms, cultural practices and everyday microaggressions. It can be a tough foe, but together, we can do better.

Speak up when conversations or behaviors feel wrong. Whether it's a comment about a fellow woman at work, a misconception a friend shares with you or a behavior performed regularly in your household, start conversations about why gender equity matters to all of us and how people and institutions are hurting the fight.

It's important these conversations are transformative, not just accusatory. Begin by listening. Respect the other person and try to understand why they believe that misconception or say those hurtful words. Acknowledge their experiences and affirm shared values between the two of you. If you truly listen, it's likely you'll hear something you can agree with or relate to. Next, reinforce gender equity. While there was at least one thing they said you could agree with, there were probably many problematic comments that need dissecting and debunking. Explore these together and reaffirm gender equity in each topic. Finally, expand and connect your conversation to the broader issue of gender inequality. Show them how their words and actions have a global impact and how changing their attitude can change the world.

2 ACCESS TO EDUCATION

In 2013, the United Nations found that nearly 31 million school-age girls around the world were not in school. Barring access to education often results in earlier marriage and increased likelihood of intimate partner violence. It can lead to premature childbearing and resulting health complications. It also limits employment opportunities and leads to lower wages. The list of negative consequences continues. Guaranteeing quality education for both boys and girls builds better societies and a better future.

By giving young women the voice and power to choose their life's trajectory, we can inspire and empower the next generation of teachers, astronauts, doctors and activists.

3 EMPLOYMENT OPPORTUNITIES

The global wage gap is growing. Women make up two-thirds of total hours worked while earning only one-tenth of total income. That fact may seem unreal, but it's true. A lack of education, pervasive inequality and blatant discrimination have created a global economy where the biggest chunk of the workforce makes only 10% of earnings. If we close this gap, a lot of good will be done. Women are far more likely than men to invest money back into their families and communities, meaning an investment in their earnings is money in the bank for societal good.

It may feel like this gap is larger than anything you're capable of closing, but by mentoring women in your industry and promoting career avenues previously closed to women, you can make a lasting impact for the women in your life and the world around you.

4 CHILD MARRIAGE

Since 2011, an estimated 140 million girls have become child brides. Being married before the age of 18 can have adverse consequences on a girl's entire life. Limited access to education, premature childbearing and increased intimate partner violence are just a few. By giving young women the voice and power to choose their life's trajectory, we can inspire and empower the next generation of teachers, astronauts, doctors and activists.



5 MATERNAL HEALTH

The World Health Organization estimates 810 women die every day from preventable issues arising from pregnancy and childbirth. In the United States, there are an average of 17 maternal deaths for every 100,000 live births—a ratio more than double that of most high-income countries. According to the CDC, Black, Indigenous and women of color are two to three times more likely to die from pregnancy-related causes than white women, and this disparity only increases with age.

These numbers are unacceptably high. Providing adequate healthcare for those bringing life into this world should be a top priority, but it's an issue often overlooked. Luckily, many organizations and activists are pushing for real change and real protections for the world's most vulnerable moms.

6 GENDER-BASED VIOLENCE

According to the World Health Organization, one in three women experience physical or sexual violence in their lifetime. Regardless of a nation's economics, politics or culture, gender-based violence is an issue that persists. Domestic abuse, sexual assault and human trafficking create lasting trauma that can keep women from living happy, healthy lives and societies from achieving true, lasting equality. We have to declare that enough is enough. Women everywhere deserve to feel safe and protected, and resources should be available when they don't.

Survivors of sexual assault can call the [National Sexual Assault Hotline](https://www.rainn.org/) at 1-800-656-4673. Trained staff will connect you with support and local resources 24/7, and all conversations are confidential.

Finally, if you suspect someone is being trafficked, you can call the [National Human Trafficking Hotline](https://www.humantraffickinghotline.org/) at 1-888-373-7888.

7 WATER AND SANITATION

154 million hours. That's the amount of time women and girls spend fetching fresh water. With that much time, we could train countless healthcare professionals, social workers and other essential service

workers our world is lacking. By offering accessible clean water and better sanitation, we can create a world where women have time to focus on goals they can achieve and the ways they can succeed.

8 PERIOD POVERTY

Menstruation is stigmatized throughout the world. In some cultures, a girl during her period is barred from socializing, going to school and so much more. Certain economic situations can prevent women from affording feminine hygiene products, meaning they may just opt out of these activities to avoid embarrassment. "Meeting the hygiene needs of all adolescent girls is a fundamental issue of human rights, dignity and public health," says Sanjay Wijesekera, former UNICEF Chief of Water, Sanitation and Hygiene.

Period poverty, or the lack of access to education and resources to manage menstruation, impacts many of the world's 2.3 billion people lacking adequate sanitation services. We're not here for it and neither are many schools, universities and institutions. Feminine hygiene products are becoming more freely available here in the United States and around the world. In fact, Scotland became the first country to require that free products be available to anyone who needs them.

The women of our world deserve equal rights, equal access and equal opportunity. We've come a long way in the last 100 years, and we can still push to see progress in our lifetimes. Stay informed, stand up for what's right and—most importantly—be there for the women in your life. The biggest difference we can make is in the lives of those we love.

Stay informed, stand up for what's right and—most importantly—be there for the women in your life.

“

*We may
encounter
many
defeats,
but we
must not be
defeated.*

-Maya Angelou



BEFORE THE BUMP

7 Helpful Tips to Prepare for Pregnancy

Thinking about having a baby? If you're planning to bring a new little bundle of joy into the world, below are ways to help ensure your body is at its best for the important job ahead:

1. TAKE MULTIVITAMINS

Prenatal vitamins are formulated to provide a woman's body with exactly what it needs during pregnancy. They play a key role in not only replenishing nutritional stores but also in adding important vitamins and minerals to keep away deficiencies. Check the ingredients label for 400 to 800 micrograms of folic acid, a supplement that helps prevent neural tube defects such as spina bifida, according to the Office on Women's Health.

2. EAT WHOLE FOODS

Double cheeseburgers and loaded french fries may make your mouth water, but now is the time to be selective with what you eat. Choose whole grains, vegetables and fruit over processed foods.

3. KEEP ON MOVIN'

If you're already an active exerciser, great! Keep on keeping on with your doctor's go-ahead. Moving at least five times per week gets the heart pumping and readies your body for pregnancy. Aerobic activities, like cycling and running, challenge your endurance and muscles. Walking 30 minutes per day is a great activity for those less active. As with any activity, check with your doctor to make sure it's the right choice for you.

4. SEE YOUR DOCTOR

If you haven't had a physical, eye exam or teeth cleaning in the past year, now is the time. Detecting issues before they become problems during pregnancy is critical to good health. If you cannot remember the last time you had a blood panel, this is the perfect time to have baseline numbers on file with your general practitioner. Need vaccinations? Take care of those ASAP!

5. CHART YOUR CYCLE

Knowing the window of ovulation during your menstrual cycle is important. Apps such as Femometer and Flo allow you to record monthly observations and details. Charting the days when you're most fertile will help in your quest to have a baby.

6. PRACTICE YOGA

For some, trying to become pregnant can cause anxiety. Adding yoga to your daily routine helps calm fears and center your emotions. Stretching and strengthening your muscles also preps the body for changes as your baby grows.

7. CHOOSE WATER

Limit caffeine, cut out alcohol and up your water intake. To properly hydrate, doctors recommend drinking eight 8-oz. glasses of water each day. The more you drink, the better you'll feel as you flush toxins from your body.

DO PICKY EATERS RULE YOUR MEALTIME?



Across the dinner table sits a 4-foot crank with arms crossed and plate pushed away. If this is your usual mealtime entertainment, your approach to pleasing that picky eater may need a revamp. Follow these five steps to bring a little bit of joy and cooperation back to the table.

1. SET A ROUTINE

The fridge should be closed for business outside of regularly scheduled meals and snack times. The expectation that food is only offered at certain times of the day makes your picky eater more likely to take what you offer when you offer it. Establishing this sort of routine can create behavioral changes for your child and less stress for you.

2. RECRUIT THE OTHER SIDE

Get your picky eater to join your side of the fight. When grocery shopping, give them a voice in selecting fruits, vegetables and other nutritious foods they usually avoid. Consider planting a garden and involving them in the process of growing food from start to finish. This will help develop skills in time management while also teaching a math fraction or two by letting them cook a meal with you. By allowing kids to embrace their autonomy, you may just get them to finally take a bite.

3. RESPECT THEIR APPETITE

It may feel like blatant defiance, but sometimes kids just aren't hungry. It's important to recognize their ability to self-regulate feelings of hunger and fullness. That prompt to "take one more bite" or "clean your plate" may compromise a lifetime of respect for mental cues to stop eating.

4. GET CREATIVE

Your picky eater is likely not getting their daily dose of fruits and veggies. While they may try a single green bean from your new garden (and then promptly spit it out), you'll have to get creative to reach nutritional benchmarks. For breakfast, puree in extra fruit while making a deceptively sweet treat. For lunch, give them their all-time favorite—nuggets—with a plant-based twist. When snack time comes around, make gooey edible slime that's rich in vitamin C.

5. SET AN EXAMPLE

Finally, be the kind of eater you want your kid to be. Try your old foe Brussels sprouts in a new and exciting way. Swap your usual morning Pop-Tarts for a protein-rich option. Kids tend to mimic our behaviors (for better or worse), so make your diet a reflection of what is best for them.

Some days, it won't be worth the fight. That's okay! The process of bringing up a healthy and happy kid is a long one, and sometimes a box of mac 'n cheese will have to do. Just remember, you can probably sneak carrots into that Easy Mac somehow.

Kid-Approved Yogurt Bark

Get your picky eater in on the fun by making yogurt bark. Customizable to fit their very particular preferences, this healthy treat will become your morning time go-to.

PREP: 10 minutes • COOK: 2-3 hours • SERVES: 8

INGREDIENTS

- 2 cups nonfat plain yogurt
- ¼ cup honey
- ½ tsp. vanilla extract
- ¼ tsp. lemon juice
- strawberries, sliced
- blueberries
- raspberries
- almonds, chopped

DIRECTIONS

- 1 | **LINE** a baking sheet with wax paper.
- 2 | **IN A LARGE MIXING BOWL**, combine yogurt, honey, vanilla extract and lemon juice. Whisk until thoroughly combined.
- 3 | **TRANSFER** yogurt mixture to the prepared baking sheet and spread around to an even thickness.
- 4 | **TOP** with berries and garnish with nuts.
- 5 | **FREEZE** for 2 to 3 hours or until firm.



HOW TO IMPROVE YOUR BREATHING

Taking in fresh air from the outdoors is truly one of the most incredible feelings. Breathing deeply and exhaling fully are important components of relaxation. Breathing properly can also lead to improved moods and a healthier heart. Mindfully inhaling and exhaling also increases lung capacity and provides better overall body function. Ready to improve your breathing?

1

Eating antioxidant-rich foods, like blueberries, spinach and broccoli, helps improve lung health.

2

4-7-8 breathing is a very useful technique to improve breathing. Inhale through your nose for 4 seconds, hold your breath for 7 seconds and breathe out through your mouth for 8 seconds.

3

Hit those high notes! Studies show that singing can improve lung function and capacity.

4

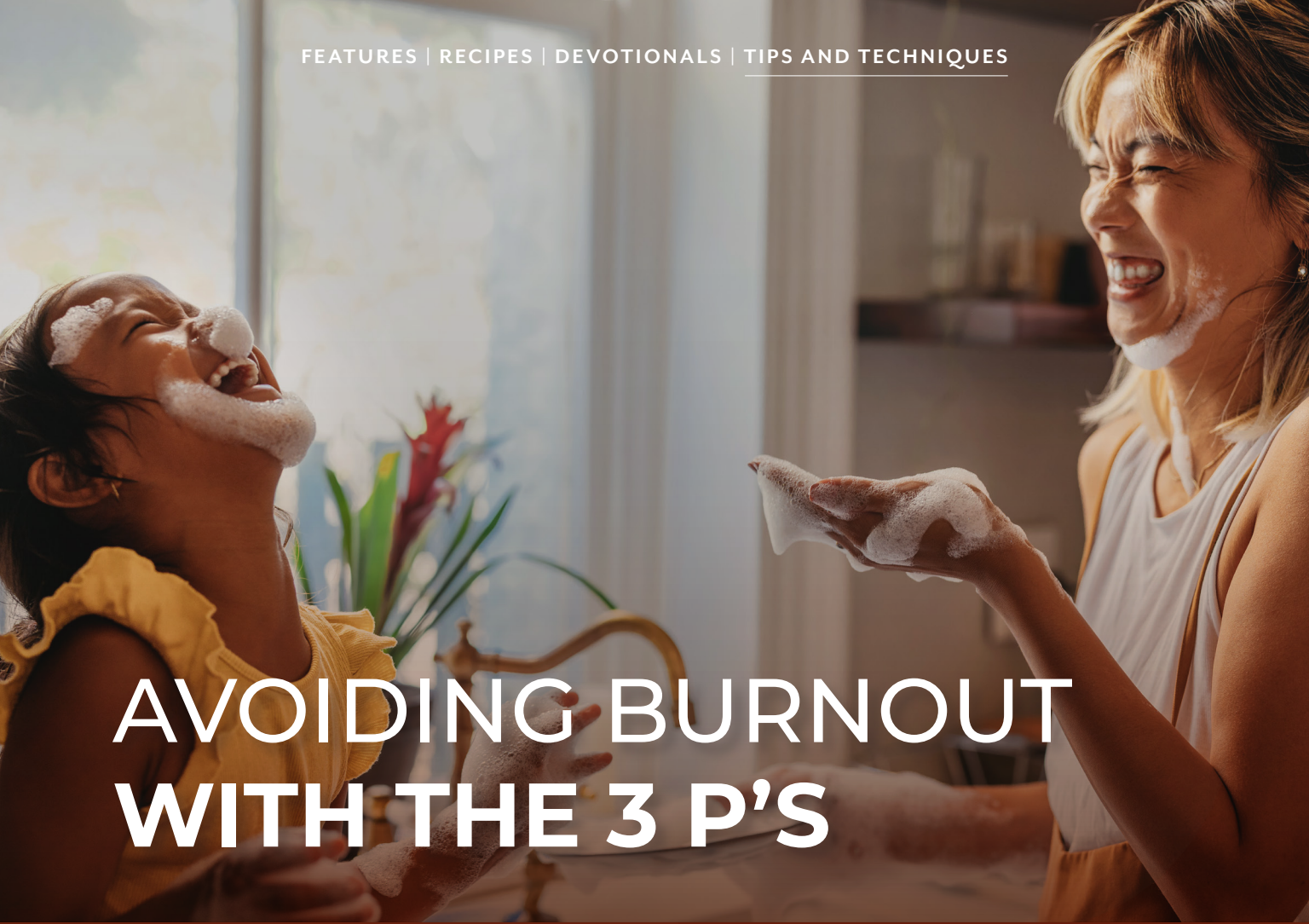
Meditation greatly improves breathing by calming the mind and body.

5

Practicing good posture increases lung capacity.

6

Frequent aerobic exercise, like walking, biking or swimming, can improve lung health and function.



AVOIDING BURNOUT WITH THE 3 P'S

Whether you're a working woman or the CEO of your household, you juggle many important things throughout the day. Mornings are defined by to-do lists, afternoons by surprise emails or stinky diapers and evenings run rampant with dinner plans, bath times and laundry baskets. So, how do you keep yourself from burning out?

Burnout is defined as "a psychological state of physical and emotional exhaustion" often induced by work-related stress. When you feel a lack of support, are burning the candle at both ends and don't know where your job ends and your personal life begins, it's hard to protect your mental and emotional health.

That's why you should remember the 3 P's of preventing burnout: priority, positive constraints and psychology. By prioritizing what's most important, setting boundaries and reframing how you approach work-life balance, you can remain a high-performing employee (regardless of whether your boss is 60 years old or six months old) while feeling healthier, happier and more fulfilled.

1. PRIORITY

Two things can be important, but both can't be the most important. The idea of having multiple priorities is so ingrained in our culture we don't really question how two (or 12) things could all be critically important at the same time. But it's important to remember they can't.

During the post-World War II industrial boom, our language saw a shift. We went from using the singular word "priority" to more commonly using the plural form "priorities." It was no longer enough to focus on manufacturing one widget. Employees needed to think about the widget in front of them, the widget coming down the line, the widgets they would produce tomorrow... Our culture shifted from working to live to living to work. And it's never gone back.



2. POSITIVE CONSTRAINTS

You have your list and are working on one priority at a time. Awesome! But you would probably need 25 hours in a day to get them all done. This is where "burning the candle at both ends" usually becomes a problem.

Preventing burnout is about more than just refocusing your energy and keeping yourself organized. It also requires setting healthy boundaries around where you dedicate your energy.

Parkinson's Law says that "work expands so as to fill the time available for its completion." In short: The more time you set aside for work, the more work you'll have. If you stay up long into the night, you'll think of other tasks to put on your to-do list. Or you may make mistakes because of exhaustion and lack of focus, and those will take time to correct. Either way, without boundaries, work becomes endless.

So, if you work in an office or do your desk job from home, set time limits. For example, never start before 7 a.m., always take lunch between noon and 1 p.m. and close the laptop and mute email notifications after 5:30 p.m.

If you're managing your household full-time, make arrangements with your partner that create clear lines between being the primary caretaker and just being part of the family. Maybe your partner takes the trash out before work, cleans the dishes after dinner and manages bath time while you read a book or go for a drive. If you're the primary caretaker in your home, lean on your support system to establish similar boundaries and breaks.

Everyone's boundaries look different, and regardless of how yours look, it's important to simply have them.



According to a recent Gallup poll, 76% of employees have experienced some form of burnout. These exhausted employees are more likely to take sick days, visit the emergency room and even start looking for new jobs. That's bad for individuals, teams and entire companies.

For stay-at-home moms, the demand to be productive is also real. Mommy blogs and Facebook gurus tout how they make their own baby food, get their kids to eat homegrown veggies, keep a perfectly organized home and still find time to go on three date nights a week with their hubby. But as with everything in life, what seems too good to be true is probably just that.

You get one priority. Singular. It may change from hour to hour as you accomplish the most pressing tasks or situations change. To help you make those determinations, it's important to ask the following questions:

- Is the task at hand still important, or has the situation changed?
- Am I the only person who can do this, or can I delegate?
- Is this task really important? Or am I using it to avoid something else that's causing me stress?
- If what I'm doing right now was all I completed today, would I be satisfied with my day's work?

At the beginning of each morning, sketch out a list of things you need to accomplish. Reorder them based on what's most important. Throughout the day, look at this list and reconsider your top priority using the questions above. You'll be amazed by how much more focused, relaxed and productive you'll feel.

3.

PSYCHOLOGY

If the scales of work-life balance are still tilting toward work, it may be time for a mental reset.

There's no doubt being a good employee requires hard work. But more important than performing at a high level, you need to protect your ability to perform at peak capacity. If you're always doing what it takes to succeed without protecting your mental and emotional health, eventually you'll run out of steam.

Here are two ways to help shift your way of thinking toward a more balanced approach:

- **The 80/20 Rule** can help you reevaluate how much time you devote to work. To be a good employee while still showing up for yourself and the ones you love, spend 80% of your energy on work and keep 20% stored up for hobbies and family time at the end of the day.
- **Diffused problem-solving** is one of the two methods we commonly use to solve problems. Focused problem-solving requires giving our full attention to a problem until it's solved. This can be very effective, especially when it's a problem we deal with often. However, diffused problem-solving is a lower-stress, more creative way of finding solutions. Step away from the problem, let your mind wander and allow your brain to connect seemingly unrelated ideas on a subconscious level.

The juggle won't stop. New balls will be tossed into the mix every day. But you don't have to be defined by to-do lists, surprise emails, dinner plans, bath times or laundry baskets. Taking charge of your schedule to avoid burnout is just one way you can nurture your mind, body and spirit.



BALANCING HOME & OFFICE UNDER ONE ROOF

Work-life balance can be especially difficult when both are happening in the same location. Allocating time for work, family and yourself in your daily routine will make working from home much more manageable.

Home

Try as best you can to keep your bedroom a No Work Zone. Use mornings to enjoy the comforts of home, carry out your normal routines, enjoy a cup of coffee at your favorite window and don't let thoughts of your upcoming workday creep in. At night, leave those thoughts at your desk as you return to homebase.



Office

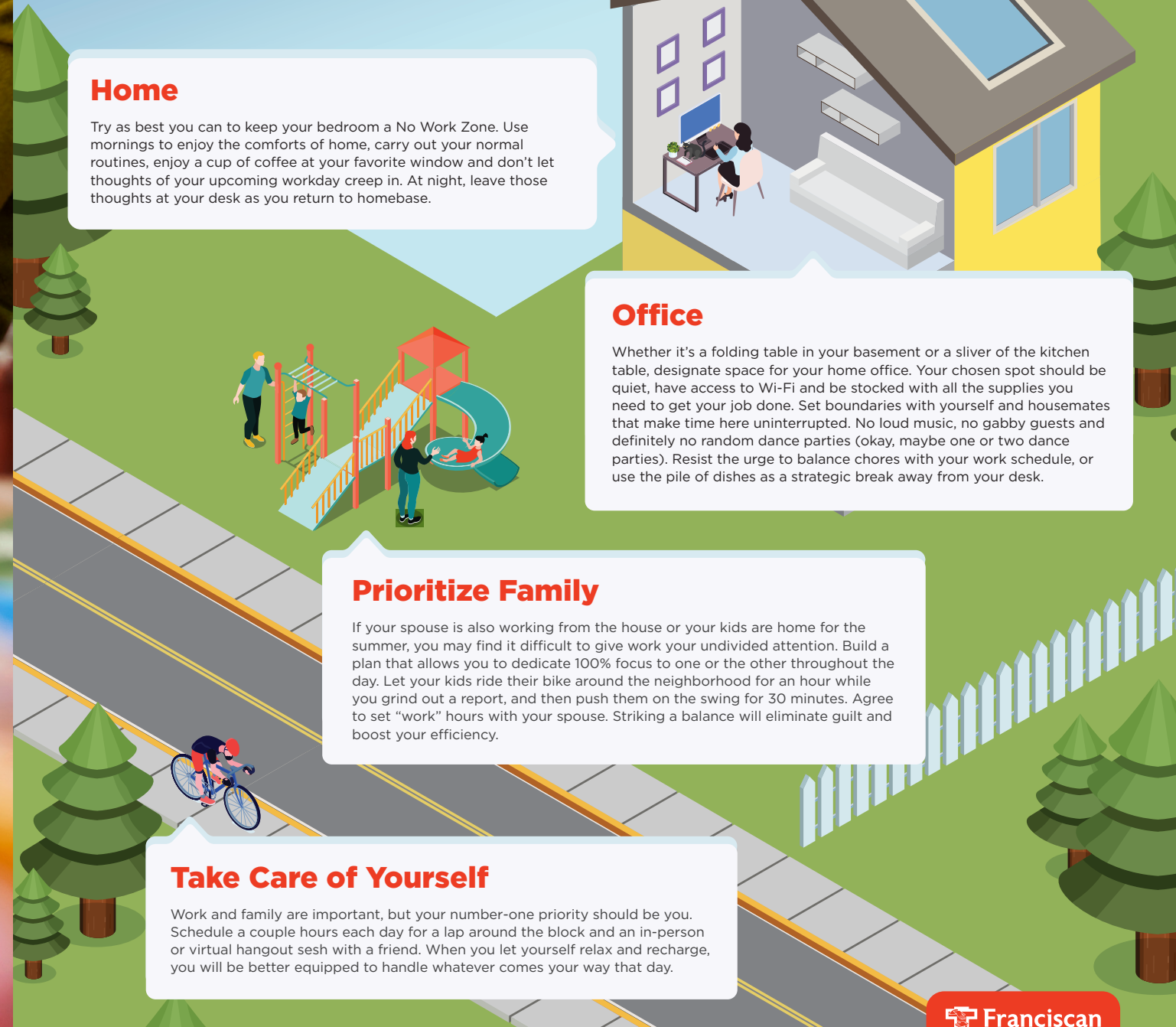
Whether it's a folding table in your basement or a sliver of the kitchen table, designate space for your home office. Your chosen spot should be quiet, have access to Wi-Fi and be stocked with all the supplies you need to get your job done. Set boundaries with yourself and housemates that make time here uninterrupted. No loud music, no gabby guests and definitely no random dance parties (okay, maybe one or two dance parties). Resist the urge to balance chores with your work schedule, or use the pile of dishes as a strategic break away from your desk.

Prioritize Family

If your spouse is also working from the house or your kids are home for the summer, you may find it difficult to give work your undivided attention. Build a plan that allows you to dedicate 100% focus to one or the other throughout the day. Let your kids ride their bike around the neighborhood for an hour while you grind out a report, and then push them on the swing for 30 minutes. Agree to set "work" hours with your spouse. Striking a balance will eliminate guilt and boost your efficiency.

Take Care of Yourself

Work and family are important, but your number-one priority should be you. Schedule a couple hours each day for a lap around the block and an in-person or virtual hangout sesh with a friend. When you let yourself relax and recharge, you will be better equipped to handle whatever comes your way that day.



TEXT A DOC

HEART DISEASE



Amna Ahmed, MD

Franciscan Physician Network
Indiana Heart Physician

Wish your doctor was on speed dial? We texted some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

FIND A
FRANCISCAN DOC



How common is heart disease among women?

Between ages 45 and 64, 1 out of every 9 women will develop symptoms of heart disease. After 65, that number climbs to 1 in 3 women.

Does a family history of heart disease increase my risk of developing it?

Yes, family history can increase your risk of developing heart disease by 30 to 60%. However, it's just one contributor, and there are many other risk factors you can control to help prevent heart disease.

What lifestyle changes can I make to keep my heart healthy?

While it may sound daunting, keeping your heart healthy is simple! Here are just a few ways to take care of your ticker and reduce your risk of heart disease:

- Exercise regularly
- Control your diet
- Stop smoking
- Manage your weight
- Reduce alcohol consumption
- Monitor your blood pressure and blood glucose
- Manage stress levels

WORKOUTS FOR PEOPLE OF ALL AGES

Getting your daily workout in is essential for your health, happiness and well-being. The key to a good workout is the motivation to *actually* do it. It's the look-good, feel-good mentality that can keep you going.

Explore a few workouts below to keep yourself feeling good!

#1

People of all ages can benefit from workouts such as push-ups, squats and crunches—no weights necessary.



#2

Biking for 20–30 minutes is an easy and fun way to exercise.



#3

Walking for 30 minutes is the simplest and most common exercise that can keep you in shape.



#4

Get a workout without the sweat by swimming for 10–15 minutes a day.



#5

Yoga is a great, low-stress way to stay in shape.

#6

Stretching keeps your body loose and helps prevent injuries.



#7

Going for a run is one of the best ways to stay in shape, burn calories and strengthen your core and legs.



Moving from Control to Influence with

Katie Trk

HOW PARENTING ROLES SHIFT AS OUR CHILDREN GROW

Today, Charlotte still has many query-filled moments, but the questions are becoming more poignant as she matures before our eyes. In a way, I feel a sort of loss with this transition. Even though she's still my little girl, the world is attacking her innocence. The preteen years are encroaching on her childhood turf. She's trading the dollhouse my father-in-law built for lip gloss and charm bracelets. She's asserting her independence and thinking for herself. Her "whys" have a very different meaning now. When she was three, she couldn't understand why I wouldn't let her chew the gum she found on the sidewalk. Now, she wants to hear my reasoning for the tough decisions she doesn't agree with. Acknowledging and accepting this new normal with my first baby can hurt, but it's supposed to happen. It's called growing up, and it's my most important responsibility in life to help her, Rosie and Cubby navigate it in a healthy way.

Friends, our kids will encounter scary things, be faced with crazy decisions and find themselves in circumstances where they'll want to throw their hands up and quit. I don't like to think about it, and I'm sure you feel the same. Yet we all know those moments will happen. The best way to protect them isn't with a giant plastic bubble but with honest communication and trust.

Moving from control to influence happens whether we're ready or not. Once our sons and daughters reach that magical age of 18, they are adults. They become responsible for making their own decisions. Reflecting on my teenage relationship with my parents, I already imagine my influence as a parent seeming nonexistent. But as I'm learning now, it's completely normal to feel like your wisdom is being ignored. As our children step into the person God created them to be, they'll stretch their legs, take risks, make bad decisions, fail and sometimes make it by the skin of their teeth. They will experience life's complex, beautiful and sometimes cruel lessons—it's simply inevitable.

Parents are the earliest and most essential guides in a child's life. Although my children are far away from prom dates and college entrance exams, I've observed and taken notes from my friends and the relationships they have with their adult children. It's helped me realize that parents have significant weight in our kids' decision making, no matter what stage of life they're in. So, how does that influence take root?



Kids are full of questions. Here are a few memorable ones I've received recently:

"Can I marry Daddy?"

"Are donuts vegetables?"

"Mommy, when I'm your age, will my (points to chest) touch my tummy too?"

And then, of course, there are the tried-and-true ones: "Why?" and "Are we there yet?" and "Can I have another snack, please?" So many questions. All the time.

Kids' countless inquiries are quite beautiful because they are asked with so much innocence. There are zero inhibitions and absolutely no filter. Wrong questions don't exist to kids, even the silly or inappropriate ones. Like asking very loudly in the middle of the grocery store, "Does that man have a baby in his belly?"

Little boys and girls are great for our egos because they think we'll always have the answer. My children's confidence in my range of knowledge is admirable, especially on days I have no clue where I put my keys or can't remember why I went into the

kitchen. My husband and I committed early on that we would always provide an answer, even if it's "I don't know." But when the interrogating drags on, Brian or I typically resort to "Because that's how God created it to be."

I vividly remember my now second-grader, Charlotte, on the day she was born as I haphazardly swaddled her in the hospital. Fast forward to me sobbing in the parking lot on her first day of preschool then negotiating the tooth fairy's first transaction. In the early days of being a first-time mom, I felt powerless most of the time: the overwhelming exhaustion, the persistent messy house, the struggles of getting out the door on time. My world seemed in a constant state of upheaval and out of my control.

Here's what I've come to realize since then, friends. Those early years with our firstborn represented the most control I will ever have in her life. Whether it was making sure Cheerios came before chocolate, keeping screen time under two hours or deciding when the pacifier "disappeared," we set the rules and created the boundaries. Things were busy and complicated, yet we were in the driver's seat. When Rose and Wrigley (Cubby) came along and made us a family of five, those principles remained (though we may have loosened the policies on chocolate and screen time).



“the best way to protect them isn't with a giant plastic bubble but with honest communication and trust.”



The Bible speaks to the power of a parent's influence. Proverbs 22:6 (NIV) says: "Start children off on the way they should go, and even when they are old they will not turn from it." So, how do we train them up? A phrase I love is, "Much more is caught than taught." We must lead by example because children are fantastic imitators. Here are a few tips I'm finding to be practical ways to emulate the kind of character I hope to see in my kids:

LEAD WITH KINDNESS

Treat others kindly, from the person who helps bag your groceries to the neighbor who leaves less-than-loving notes on your not-so-greatly-parked car. Even when we feel like exploding because something goes wrong, we need to remember our kids are watching. Anger deteriorates trust, and trust is a tricky thing to restore.

REWARDS ARE NOT THE RULE

We must teach our kids that brushing the dog, taking the trash out and unloading the dishwasher are ways we show respect to the members of our family, not just ways we fill our piggy banks. Allowance is one thing, but transactional duties do not set our kids up for independence or success. We should be valuing hard work, helping each other out and taking responsibility because it's the right thing to do.

MEAN WHAT YOU SAY

If we don't keep our word, whether it's a promise to visit the zoo or a rule that our teen must hand over their phone when they miss curfew, it can be dangerous and damaging. Falling short on promises, commitments or boundaries can fuel disrespect and a lack of confidence in us as parents and as people. Doing what we say we'll do builds trust and models expectations for our children.

ASK QUESTIONS

When tough conversations unfold, ask, "Would you like me to listen, give advice or leave you alone?" Providing options can empower kids to make their own decisions and set healthy parameters. Too often, our knee-jerk reaction is to fix the problem, but it may be theirs to fix.

CULTIVATE CHARACTER

Allowing our kids to witness our failures is just as important as letting them see our successes. Let's show them our real life by acknowledging and apologizing for mistakes and being transparent about areas we're working on. When kids see that we are works in progress too, they learn to give themselves a little more grace, overcome disappointments and, most importantly, genuinely love themselves.



When raising our children, the goal is not to create our best friend or a mini assistant. We are training them to become independent, kind-hearted adults. We can't fight the shift from control to influence. We must embrace it. I know, I know—it seems easier said than done. But remember, we are simply caretakers of these beautiful people entrusted to us. Let's do our best to send them into the world with strength, courage and wisdom.

SPRING INTO ACTION.



Now's a great time to get your mammogram!

Spring is a time of growth and renewal. It's also a good time to schedule your mammogram. Women age 40 and older should get a yearly screening mammogram. Inspiring Women members who schedule their mammogram will **receive a coupon for a FREE bracelet** at their appointment.



Scan now to schedule
your **mammogram!**



**SCHEDULE YOUR
MAMMOGRAM ONLINE
OR CALL (833) 764-5434
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