



This issue builds resilience in...

Stress Management

Role Regulation

Want more help? Try **Sticky Strategies**

Suffering from Stress-Head Syndrome? It could be your hats...

Are you wearing too many hats or taking on too many roles? Integrating various roles associated with life at home and work can be challenging enough and then you still need to look after your relationships as well. Overwhelm creeps in when you try to be everything to everyone and when more and more roles are taken on over time. Identifying the hats that fit comfortably and that are still useful, as well as eliminating the ones that have become out dated, allows you to focus where you spend your time and energy.

Identify which hats are in your collection...

Identifying which roles you are currently filling is the first step to discovering which ones are serving you well. One way you can do this is to consider these three statements: (there will likely be several responses to each)

1. "I am a _____"
2. "I have been a _____"
3. "People tell me I am a _____"

Now consider each of the roles you've identified and ask,

1. "Is this role helping me achieve what matters to me, right now?"
2. "Could someone else fill this role, at least some of the time?"
3. "Would I expect my best friend to manage all the roles I'm filling?"

Being realistic can be difficult, but it's necessary...

If a role is **relevant** (i.e. based on personal, family or employment needs), **realistic** (i.e. it's possible to manage the role with available time, energy and resources) and **rewarding** (i.e. you get connection, sense of achievement or other

compensation) then it's likely worth hanging onto. If it doesn't fit at least two of these criteria, you may choose to let it go, even if it's only for awhile. It may be time to let someone else to wear that hat!

Expecting too much of yourself is a sure way to feel bad when you find that you're letting yourself and other people down. Being realistic about what you expect of yourself and the people you live or work with, means everyone wins!

- ✓ Choose which roles serve you and your family best
- ✓ Discard some hats and focus more on what means the most to you.
- ✓ Don't expect more of yourself than you would of your best friend.

"It's not hard to decide what you want your life to be about. What's hard, is figuring out what you're willing to give up in order to do the things you really care about."

Shauna Niequist