



By Glenda Bundy





SELF-CARE VS SUPERWOMAN

WHEN DO YOU REMOVE THE CAPE?

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FEATURES?

Rarely delegate responsibilities.

Rarely ask for help.

Elevated Ego

Rarely shows signs of weakness.

Accepts tasks assigned to her, even if she's near collapse or in the midst of an emotional crisis.

Feel if they ask for support they'll be seen as weak or incapable.

WHY?



SOCIETAL
EXPECTATIONS

PRAISE

Particularly from individuals
we hold in high esteem



RESPECT

SYMPTOMS

Irritability

Memory issues

Muscle tension

Anxiety



Inability to sleep

Inability to concentrate

General aches and pains

ANGER



ABANDONED

LONG TERM EFFECTS



DEPRESSION



CHRONIC FATIGUE

SELF-CARE

Self-Care is an activity done deliberately to take care of mental, emotional, and physical health.

As well as, doing everything in your control to make the most of your time.

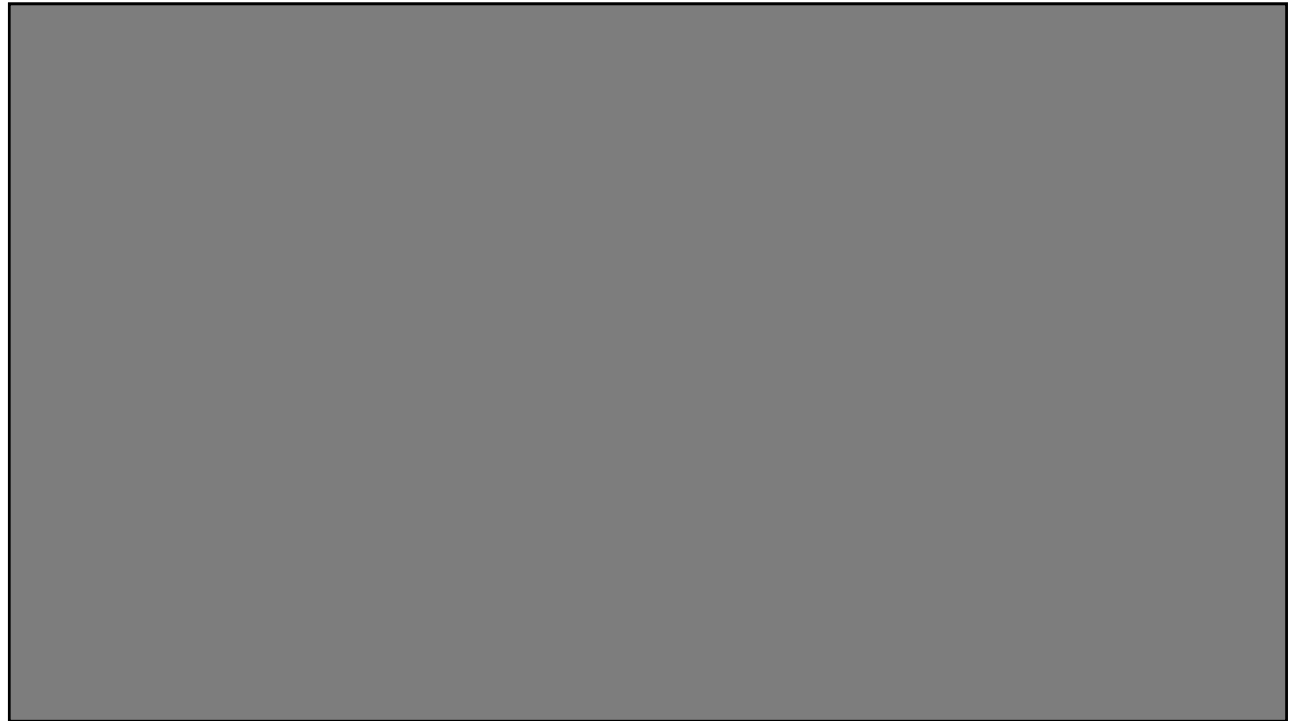
ACTION

Set realistic achievable goals.

Learn to say "No"

Let go of perfectionism.

Take time to nurture yourself.



“A woman is the full circle.
Within her is the power to create,
nurture and transform.”

— **Diane Mariechild**



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