



Sisterhood University

Stress Solutions Template

A. Areas of stress (right now). Make list, then circle areas producing visceral/physical reaction.

1. **Migraines** – Serious bouts with migraines. Not fun. Losing time.
2. **Hot Mommas Project** – Behind on press release, country managers, judges.
3. **Sis U** – Need to plan with partner cities for expansion.
4. **Sis U International** – State Department regulations uncertain.
5. **Systems** – In weeds. Overwhelmed by requests and communications.

8 Rating #1: Now, rate your stress level (1-10, 10 being highest)

B. Stress solutions. For each of your major stress areas (from A) write a solution or perspective.

Stressors	Helpful solutions / perspectives
1. Migraines	<ol style="list-style-type: none"> 1. Migraines - This is new and stressful. I have my Rx meds now, but think tension is a trigger. <ul style="list-style-type: none"> • ACTION: am going to talk with Mike Rice at Green Valley Spa about a custom meditation recording for each a.m.
2. Hot Mommas Project	<ol style="list-style-type: none"> 2. Hot Mommas Project – I feel behind, because there is an outstanding list of things to do. <ul style="list-style-type: none"> • PERSPECTIVE: Relax. This is the 3rd year. Don't beat yourself up for having something that works, and a team in place that can handle it so you can focus on other projects. Enjoy it! • ACTION: For the press release and judges, make target dates by 12/1.
3. Sis U	<ol style="list-style-type: none"> 3. Sis U – This was a success. So, there is pressure to move forward and do more. <ul style="list-style-type: none"> • PERSPECTIVE – Don't turn something that could be a lot of fun into a stressful situation. Just sit back and realize there is a plan there: DC 2, MI, WI, and Toronto are next. • ACTION: Plan partner doc formation and send by 12/1. Be sure to have a team in place for marketing and event help.
4. Sis U International	<ol style="list-style-type: none"> 4. Sis U International-This, too, is a success and now you're putting pressure on yourself for next step. <ul style="list-style-type: none"> • PERSPECTIVE: Just be with it, run DC, try different things, relax and have fun with it.
5. Systems	<ol style="list-style-type: none"> 5. Systems-A planning day is definitely needed. Set time aside by 12/1. A day – away – to think and plan. A new communication sys is in the work, as is new staff.

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C. Pattern recognition. Observe. Do your stressors fall into a particular category (family, career, relationships). Is there a certain number which heightens stress for you (e.g., five car pile-up)?

Yes, most of what stresses me out seems to be things that are NOT done. Setting dates where I will have a block of time to deal with these items is helpful. Also, realizing they don't all have to be done right now. I mean, what is this, the business sprinting Olympics? When I get into "sprint-now-now-now" mode, it's not fun. CONTROL – lack of control is a stressor. There are so many new things and I need to tap into my mentors. PEOPLE – I need more help, and have a plan in place to get there. But, also, I am very afraid of disappointing people...in a seminar...not returning an email...I need to work on a healthier perspective around this "giving" of my energy outward. I think it's making me exhausted.

____7____ Rating #2: After "C," rate stress level (1-10, 10 being highest)

I'm optimistic, but, only time will tell. The migraines really scared the crap out of me...so, I need to take this "get a grip" exercise seriously. If successful, I may be down to a 5 or 6 in December.

**Did this exercise lower your stress rating? Do you feel more aware, action oriented, and in-control?
If so, please take 30 seconds to share the impact at sisU@HotMommasProject.org**

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