

Superwoman to the rescue!

By Robin Friedman

You do it all.

You have to.

Yet even superheroes need down time.

Keeping so many balls in the air is an exhausting juggling act indeed.

Here are ways to lessen the load.

Work.

You want to give your best every day. But recognize there will be days when you miss the mark. It's inevitable, as old as human nature, so forgive it and move on. There will also be things that are always more important to you than others. Accept it. And accept the flaws and limitations of your co-workers and supervisors. A workplace, with its diversity of personalities, presents an unparalleled daily opportunity to stretch, learn, and grow. Not to mention delegate.

Home.

Extremes aren't helpful — to you or your family. Your house doesn't need to be perfect to be a center for warmth, love, and support. Focus on the bigger picture, not the dust, crumbs, or stains.

Self.

Eat nutritiously, but allow yourself an occasional indulgence without the guilt. Exercise. Care for your soul as well as your body. And, most of all, be gentle with yourself. You're the best friend you'll ever have.

Spouse.

Listen when you least feel like it. Forgive frequently. Don't hold grudges. Ask for help when you need it. Be respectful. Don't withhold affection or sex. Most importantly, always assume the benefit of the doubt.

Children.

Nobody ever said child-rearing was easy. Avoid comparisons to others. Concentrate on precious moments instead. Embrace the unpredictable.

