

Nurturing^{the} Sisterhood



From Overwhelmed to In Control:

THE MOM'S GUIDE TO DELEGATION



Overcoming Overwhelm

ALL moms feel overwhelmed - let's start by emphasizing how normal it is!

Being overwhelmed can show up in different ways for every mom, and it most often leaves you feeling:

ANXIOUS

RESENTFUL

ISOLATED

EXHAUSTED

GUILTY

BURNED OUT

We moms are usually the ones who take on the mental load or the “worry work” associated with the physical, mental, and emotional needs of our households. It's way too much work for a mom who also needs to care for herself. Taking on the role of supermom leaves us feeling overwhelmed, overworked, and overloaded. We want help, yet even willing helpers around us often do not know what needs to be done.

Enter, the power (and quite frankly, necessity) of delegation.

Delegating tasks is a surefire way for overwhelmed moms to offset that unwanted stress and get the help we need.

Ask, and you shall receive, mama!



hey mama!

I'm Dr. Julie Franks. I'm a mental health therapist for moms, and I help moms online with education, resources, and courses. I am also a toddler mom who understands what it's like to feel anxious, overwhelmed, stressed out, and burned out by the demands of motherhood. After the birth of my son, I was surprised by the level of anxiety and isolation I experienced because of the social and personal pressures of motherhood. When I started to use the tools I taught moms in my client sessions, things got better for me. Going through the process of coping with anxiety as a mom led me to realize how much support moms really need but aren't getting. I knew I needed to empower moms beyond my small community and offer support on their journeys. That's when Nurturing the Sisterhood was born!



The Art of Delegating

Delegating is helpful for two main reasons:

1

It checks off tasks on your running to-do list

2

It raises awareness of your needs

By delegating tasks, you're freeing up time to work on other things or get that much-needed "me" time. This creates a new and much less overwhelming normal than your current state!

Common Delegation Roadblocks



But if it was that simple, wouldn't everyone be delegating? Asking for help can feel like one of the hardest things you do, but trust me when I say, not having support is that much harder! Here are some common delegation roadblocks that might be holding you back:

- Not knowing who to ask for help
- Feeling like you don't have a village of people to ask
- Being unsure of the help you need
- Struggling with how to ask for help and what to say
- Perceiving yourself as a failure because you need to ask for help
- Waiting for someone to offer help without ever asking
- Asking in a way that includes a put-down, leading to arguments

Which of these roadblocks is true for you? (Check all that apply.)

Delegating with Intention and Impact

Overcoming these blocks can seem like an insurmountable task when you're in the thick of it. But mama, you're in the best place to learn how to do it like a pro.

If you're ready to make a change and overcome that overwhelm, use these tips to make it happen:

Step 1

Start by writing down your practical needs—these are the easiest ones to delegate. Be specific and list them individually so you're ready to ask for one thing to be done at a time.

Step 2

Determine a clear timeline with deadlines for when each task needs to be completed.

Step 3

Decide which tasks you want to complete vs. the tasks you want to delegate.



Now, it's time to start working on delegating!

Identifying the Right Person

Choose who you'd like to help with each task. Be realistic about what each person can help with. Start small and build from there!

Making the Ask

If asking the person feels too difficult, you can send a text message or email with a request for help.

Managing Expectations

While the task will get done, expect it might not be how you usually do it. Resist the urge to go back and fix it.

Showing Appreciation

Say "thank you" after you get the help, as gratitude, appreciation, and positive reinforcement lead to more help.

And if you don't get help the first time, ask again.

This may be a big departure from the way you typically manage as a mama, and trust me, I get that better than anyone. But mapping out your needs and intentionally delegating them is the absolute best way to turn resentment into relief and burnout into dialed-in.

Use the space below to do just that mama! And if you have any questions along the way, you know where to find me.

Xx,

Dr. Julie

| Your Needs | Your Timeline | Your Decision! |
|---|--------------------------------|------------------------------------|
| <p><i>Example:</i> Pick up kids from school</p> | <p>Every weekday at 2:30pm</p> | <p>Me <u>Delegate: Grandma</u></p> |
| | | Me Delegate: _____ |