



FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips to help burned-out moms find purpose and love life through my FIERCE methodology in four minutes or less. Each tip will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology. For example, this week's newsletter falls into the **E** for "**ENGINE**" part of the methodology.

Today's theme is around The Superwoman Complex.

The term Superwoman Syndrome was first coined in 1975 by journalist Shirley Conran in her book titled "Overcoming the superwoman syndrome." The syndrome occurs when a woman

neglects herself in hopes of doing everything to perfection while also stretching herself too thin in the process.

There is no reward for superwoman syndrome. Instead, it is easy to feel resentful because you may feel that other people are not pulling their weight. You may feel tired, anxious, and stressed.

It's essential to recognize that trying to do it all and be everything to everyone can be overwhelming and lead to burnout. Healing from "superwoman syndrome" involves prioritizing self-care, setting boundaries, and cultivating a healthier mindset. Here are some steps you can take to begin the healing process:

According to a Scripps article titled "[Do You Have Superwoman Syndrome?](#)", here are some ways to identify whether or not you may have Superwoman Syndrome:

- Bouts of irritability
- Inability to sleep or excessive sleep
- Memory issues
- Muscle tension
- Anxiety
- Sweating when not physically active
- Inability to concentrate
- General aches and pains

So what do we do if we are juggling a lot of different hats and know that we are wearing ourselves too thin?

Here are some suggestions that I am working on for myself:

1. **Challenge your beliefs:** Examine the underlying beliefs and expectations that drive your superwoman syndrome. Question whether these beliefs are serving you or hindering your well-being. Consider reframing your thoughts and adopting more realistic and self-compassionate perspectives.

2. Acknowledge your limitations: Accept that you are human and that it's impossible to do everything perfectly or meet everyone's expectations all the time. Embrace that it's okay to ask for help and delegate tasks when needed.

3. Establish boundaries: Learn to say "no" when necessary and set boundaries with others. It's okay to decline commitments or requests that overwhelm you or don't align with your priorities. Setting boundaries protects your time and energy and helps you maintain a healthy work-life balance.

The truth is, you may feel like everyone will notice if everything is not perfect, but they will not. Focus on the main priorities and tackle the less important ones when possible.

Remember, healing from superwoman syndrome is a journey that requires patience and self-reflection. Be gentle with yourself and celebrate the small steps you take towards a healthier and more balanced life.

QUOTE OF THE DAY

"I don't have to live up to that Superwoman myth. I can cry and be human and lean on people who take care of me. That can be very liberating." - Assata Shakur

Stay FIERCE. I love you,

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Whenever you're ready, there are two ways I can help you:

1. The FIERCE Catch Fire Kit – The kit is [live](#)! What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

2. If you would like a more customized and personalized approach, it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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