

MISSION: IMPOSSIBLE (or At Least Unreasonable)

The unrealistic expectations and absolute fallacies professional women face



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Initial Caveats:

- I'm (obviously) not a subject matter expert
- Our time together will work best as a *conversation*, as opposed to a lecture.
- Nothing we have to say is more important than *your* question

BIG LIE 1:

You **MUST** have (and do) it **ALL!!**

- * As defined celebrities, Facebook/Pinterest/Instagram, relationship/lifestyle gurus, Oprah, and Dr. Oz, etc...
- * **MUST** as opposed to “can” or even “should”
- * **ALL!!** Are we clear?
- * Everybody else is doing it, ***WHY AREN'T YOU?***

BIG LIE 2:

You **MUST** be

***All** things to **All** people **All** the time*

* FLAWLESSLY



* happily



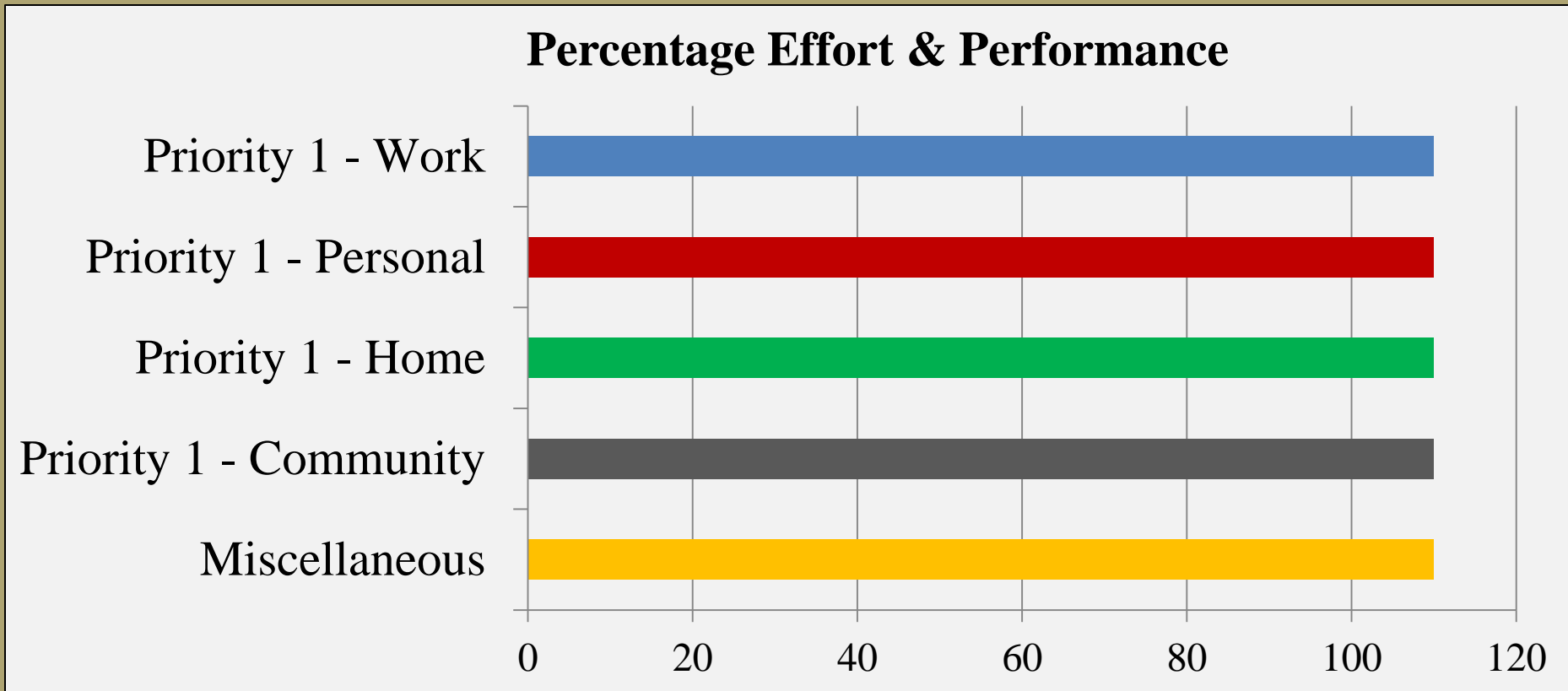
* effortlessly



* *Beautifully*



Expressed Graphically:



Available time, energy, or resources?

Sorry there's no room on the chart for that. Carry on.

It's like somewhere there's an unwritten,
but nonetheless all powerful, universal
set of commandments...

Thou shalt:

Instinctively know and follow these commandments

Be beautiful and thin, but natural and not “too” thin

Be smart, but don’t be obnoxious or “showy” about it

Be strong, but also meek and mild

Be attentive to the needs of everyone (except you)

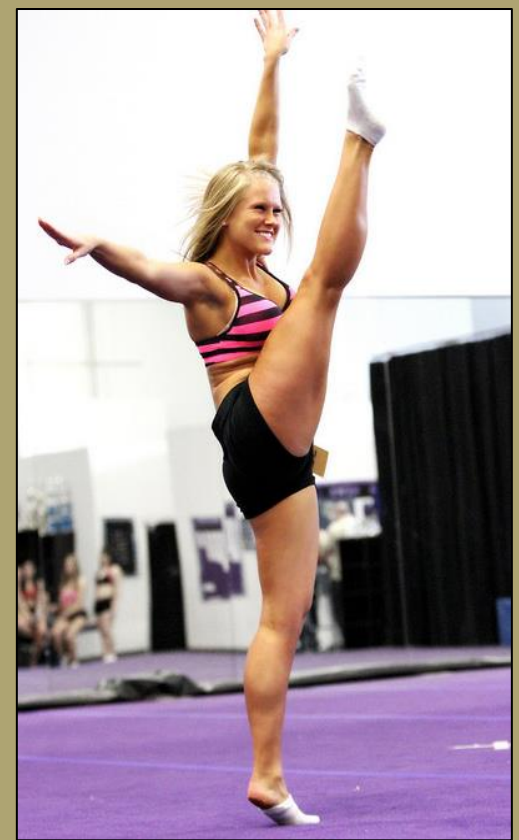
Be kind, gentle, and loving, REGARDLESS!!

Have it all and do it all, *No sweating allowed!*

NOT point out the incongruities herein



Your truth:

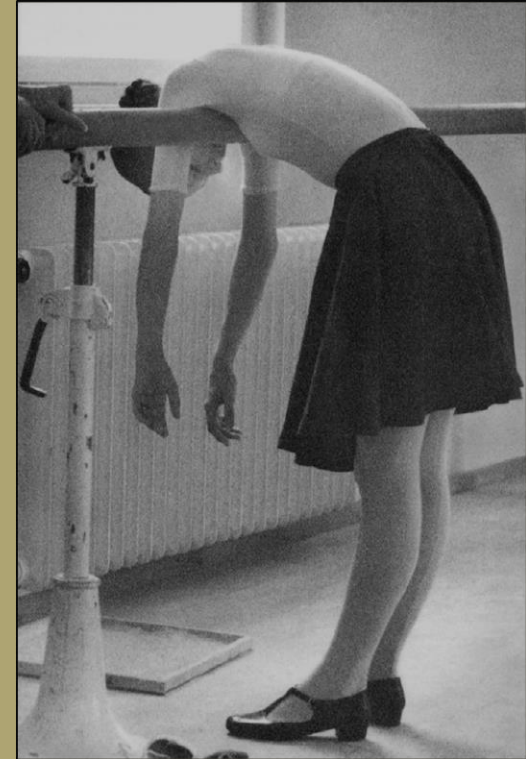


*You're dancing as fast
as you can!*

Of course, “*Dancing*”
actually translates:



You're always _____ as _____ as you can!



In truth, you're probably “dancing” faster than anyone should or could!

Women & Depression

- Women experience depression at **roughly twice the rate** of men. Approximately 12 million women in the United States experience clinical depression each year. About **one in every eight** women can expect to develop clinical depression during their lifetime.
- Many factors in women may contribute to depression, such as developmental, reproductive, hormonal, genetic and other biological differences (e.g. premenstrual syndrome, childbirth, infertility and menopause).
- Social factors may also lead to higher rates of clinical depression among women, including stress from work, family responsibilities, the roles and expectations of women and increased rates of sexual abuse and poverty.

Women & Anxiety

Starting in childhood, girls have higher rates of anxiety disorders than boys. In fact, by the age of six, more girls are diagnosed with an anxiety disorder. This difference continues through adolescence and into adulthood, when **twice as many women have an anxiety disorder compared to men.**

- Girls are six times more likely to develop generalized anxiety disorder
- Women are more likely than men to have panic disorder, GAD, agoraphobia and PTSD
- Women are twice as likely as men to have a phobia

<http://www.womenshealthmatters.ca/health-centres/mental-health/anxiety/women-and-anxiety/>

Women & Substance Use Disorders

- Drinking over the long term is **more likely to damage a woman's health** than a man's, even if the woman has been drinking less alcohol or for a shorter length of time
- **Antidepressants and benzodiazepines** (anti-anxiety or sleep drugs) send more women than men to emergency departments.
- Women also report using **methamphetamine** because they believe it will increase energy and decrease exhaustion associated with work, home care, child care, and family responsibilities. Women who use methamphetamine also have high rates of **co-occurring depression**.

<https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/sex-gender-differences-in-substance-use>

Professionals & Impairment

- Published in the Journal of Addiction Medicine, our national survey of approximately 15,000 currently employed attorneys reveals that between **21% and 36%** drink at levels consistent with an alcohol use disorder.
- The study also uncovered similarly alarming **rates of depression and anxiety**, while further identifying why it is that most lawyers don't seek help: a **pervasive fear of harming their reputation**.
<http://www.cnn.com/2016/02/06/opinions/lawyers-problem-drinkers-krill/>
- A 2012 study in JAMA Surgery found that more than 15 percent of the members of the American College of Surgeons had a score on a screening test consistent with alcohol abuse or dependence. Among **female surgeons, the prevalence was more than 25 percent**.
- Meta-analyses estimate that the rate of suicide among male physicians is 140 percent that of the general population. Among female physicians it is almost **230 percent**.

http://www.nytimes.com/2016/01/12/upshot/silence-is-the-enemy-for-doctors-who-have-depression.html?_r=0

Bottom Line:



DOUBLE WHAMMY!!

**Alright already!!
We get the picture!**



**Now what do we
do about it?**

Balance: Start Today: Assess. Take Stock. Prioritize



What are you doing well? Based on?

Where are your opportunities for growth? Based on?

How well are utilizing your resources? Time? Energy?

What is lacking? How do you access that? Will you?

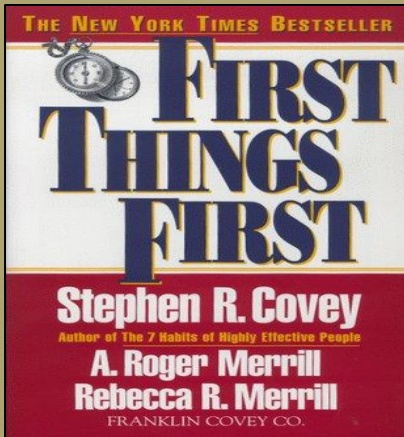
Balance: Start Today: Assess. Take Stock. Prioritize



Where are you “going?”

How’s your progress?

If you’re not pleased, how will you change it?



What are your “1st Things?”

Does your day to day life reflect this?

If not, how will you change this?

Don't Put it Off

*What if my whole
life has been wrong?*

-Leo Tolstoy's Ivan Illyich



*People may spend their whole lives
climbing the ladder of success only to
find, once they reach the top, that the
ladder is leaning against the wrong
wall.* -Thomas Merton

Start Today: Practice Balance in Your Life

- Personal time
 - 15 minute walk
 - 5 minute “meditation”
- Family or “Family of Choice”
- Physical activity
- Get a good night’s sleep
- Read something fun or interesting
- Get a hobby



Don't Go It Alone



Find a Mentor. Be a Mentor.



Establish and maintain healthy personal and professional relationships.

Don't Go It Alone

Engage those closest to you



Enlist them in helping you





KEEP
CALM
We're
Stronger
Together



WE'RE ALL
IN THIS TO
GETHER

If you find it difficult to begin this process,
or to implement these suggestions



ReachOut

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