SWEET Success

California Diabetes and Pregnancy Program

Tip of the Month
~ # 13~

Reduce Stress: Let Go!

When you are providing care for your Sweet Success moms, you may often have a clear idea of what is missing, what needs to happen and where things need to go. Unfortunately for you, the person sitting in front of you probably has a different idea of what she wants, what she needs and what she is capable of doing. That difference can cause you stress.

My watchwords for this month are: "Let Go". Let go of your expectations; they will cause you stress. See if you can find out what this mom's expectations are; she is the one who has to live her life and make her choices. You can educate her about what she does not know that you do know. But after that, it is your challenge to discover what she is prepared to do.

If you are worried, feeling disappointed, irritated or annoyed about your expectations, you are again increasing your stress. If you are "attached" to how the outcome will look, you are also increasing your stress. Knowing "what is right" is really stressful! It's easy to see others from our perspective rather than from theirs. We rarely see the range of what is possible.

You can decrease your stress if you accept that this mom has to make her own informed decision with your assistance. You are not in control and don't need to be for her to make a decision with your guidance. Accepting the unpredictable is less stressful. Letting go of expectations is also less stressful. Flexibility will help you adapt and respond to what's coming your way with balance and with less stress. Thank you for the caring you provide to your Sweet Success moms.