DO LESS *with boundaries*



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Emotional labor is often the invisible and underappreciated time and energy expended to complete a task or many tasks. It includes the psychological and emotional bandwidth required to, for example, keep a household running smoothly, a friendship solid or a relationship thriving.

TIPS TO COMBAT EMOTIONAL LABOR

#1: Stop the "Auto-Yes".

Give yourself a new rule of engagement: implement a 24-hour decision rule before committing yourself. That way, you can give yourself time and space to mindfully consider how YOU actually feel and what you want to do.

In voluntary adult relationships, you don't owe anyone an immediate response. When someone asks something of you, or feels entitled to your time, energy and consideration - allow yourself to take a pause. If you can curb the impulse to automatically say yes to things that you really don't want to do, you create the space needed to make commitments that are authentically aligned with your desires. This translates to less resentment, people pleasing and emotional labor that would be better spent elsewhere.

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Below you will find some simple phrases to interrupt this behavior:

- *"Thank you, I'll have to check my calendar."*
- *"I will need to sleep on that. I have implemented a 24-hour decision-making policy."*
- *"I want to check with my spouse (or sister, roommate, friend, etc.) before committing."*
- *"I will need to get back to you on that but thank you for thinking of me.*

#2: Start to say no - Trust your gut.

- *"I'm afraid I can't."*
- *"I'm not really into that type of (music, food, outdoor event, etc.) but hope you have a wonderful time."*
- *"I'd rather not."*
- *"Thank you for thinking of me but I am already committed on that date."*

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#3: Raise Your Awareness

Top of Mind:

For the Next 24 Hours before you do anything on auto pilot, ask yourself these questions to become mindful about how you are spending your precious time and energy:

A. *Does this task need to be done?*

B. *Does it need to be done by me?*

C. *Does it need to be done now?*

#4: Go Deeper.

Emotional Labor Inventory

Step #1

Make a list including all of the tasks, emotional and physical, that you are currently taking responsibility for at home, in friendships, with family and work.

Step #2

Now that you have your inventory, I want you to go back through it and mark the things you don't want to do anymore.

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Tune into your body as you go through each item...does it contract or expand?

Ask yourself: am I doing this thing because I want to or because I feel like I have to?

Give yourself permission to tune in to how you really feel.

Take a second pass and this time, consider your most important loved ones, or as I like to call them, your VIPs. There might be some things that you're not super into, but because they're very important to your partner, your children or your parents, they might make the cut. Be discerning and real with yourself.

You can do this!

Step #3

Look to see where you can delegate, initiate conversations, and step back from over-functioning.

Creating more equity in your relationships will lessen resentment and uplevel energy.

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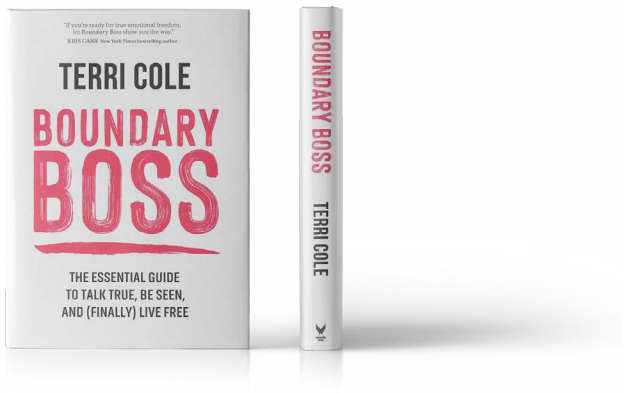
Terri Cole is a licensed psychotherapist and global leading expert in female empowerment. For two decades, Terri has worked with some of the world's most well known personalities from international pop stars to Fortune 500 CEOs.

Terri has a gift for making complex psychological concepts accessible, and then actionable so that clients and students achieve sustainable change i.e. true transformation.

She empowers over 250,000 people weekly through her blog, social media platform, signature courses, *Real Love Revolution™* and *Boundary Bootcamp™* and her popular podcast, *The Terri Cole Show*.

Terri is also the author of *Boundary Boss - The Essential Guide to Talk True, Be Seen and (Finally) Live Free* (April 2021).

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