

A top-down view of a wooden desk. On the left, a portion of a silver laptop is visible, showing the keyboard. In the center, a teal mug filled with dark coffee sits on a white surface. To the right of the mug, there are several white papers, one of which has a date stamp '9/10/2019'. The entire scene is framed by a thin teal border.

# 5 Expert Tips to Channel Your Anxiety FOR WORKING MOMS

[WWW.SARAHFALKCOACHING.COM](http://WWW.SARAHFALKCOACHING.COM)



# Welcome!

Motherhood is complex. Creating life is beautiful and raising children is joyful, but it's also heart-wrenching in ways you never could have imagined. Just like there is no playbook for being a mother, there is certainly no playbook on how to balance being an effective mother and entrepreneur. Oftentimes between the bedroom and the boardroom we find ourselves surprised by the impact of our stress and anxiety; at the lack of joy in all we have accomplished.

I'm Sarah Falk and I have learned to manage that anxiety for myself in a big way! I used to be homebound due to panic attacks and anxiety, but now I am teaching women to channel their anxiety and connect with that part of it that provides us with a unique edge in business and in family life! With a bit of know-how and a few practices, anxiety can become your superpower!

I'd love to show you how!  
To get you started try these 5 Expert Tips for Anxious Mompreneurs to Own Your Anxiety and Find Your Secret Edge!

Peace, *Sarah Falk*

Anxiety Healer, Life Coach, Mompreneur





## TIP 1

### ASK FOR HELP

**(and actually accept it).**

Don't just complain about needing help and let the overwhelm stress you out.

Learn to ask for what you need specifically and then actually allow friends, family, your partner, etc. to fill the role you've recruited them for!

## TIP 2

### NAME YOUR INNER CRITIC

**(and invite her home for dinner).**

Listen to the way you talk to yourself.

Instead of being your own worst critic, which just increases anxiety, practice being your own best friend. Hang with your new BFF. Say encouraging things. Listen to her concerns and provide encouraging feedback! There's enough criticism all around us. Why make it worse by reinforcing it with negative thoughts?





## TIP 3

### OWN YOUR TIME

(**and feel good about it**).

Some of our greatest points of anxiety come from poor boundaries.

We cannot do it all!

What are your top 3 priorities? If the time required doesn't feed a priority, only do it if it sounds fun. Otherwise, it's an easy "no"!

## TIP 4

### EMPOWER OTHERS

(**because "together we rise"**).

It feels good to succeed and even better to help others do the same! Remember, you're only competing against yourself. Helping those around you with an encouraging word or hand up will strengthen you and forge lasting friendships and collaborations along the way.





## TIP 5

### INVEST IN YOUR TRIBE

(**meaningful relationships are priceless**).

No woman is an island-you NEED community. Stick with the tried and true friends, the ones you know you can trust. Time with them will help decrease your stress and anxiety. No matter how busy work and family life become, make time and space for those deep relationships because they are precious!

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# READY FOR THE *Next Step?*

**YES! You did it!**

**You are starting to use your anxious energy to your advantage!  
Now, let's take this to the next level!**

**You are getting more done than anyone else you know, but if you're  
anxious all the time and not able to enjoy your accomplishments...  
well, I can help you with that!**

**I help my clients channel their anxious energy,  
take action that allows them to rediscover their joy  
in the family room AND the board room!**

**No more letting anxiety suck the joy out of life.**

**For more resources visit: [sarahfalkcoaching.com](http://sarahfalkcoaching.com)  
While you're there book a FREE 20-minute call with me!**

**I'm Sarah Falk and I'm THE Mompreneur's Coach, the one who  
will help you FINALLY end the persistent drain of anxiety  
and turn that energy into your superpower!  
I look forward to talking with you soon!**



*Girl, Call Me!*