

## Meet Sarah.



Sarah is 30-years-old from north Toronto and recently had her first child. Sarah is finding it difficult to balance her new role as a mother and her ongoing role as a support for her extended family, in addition to maintaining her own business. Sarah struggles with saying no to her family members when it comes to tasks she used to take on but no longer has the time or energy for. Sarah worries that she won't be able to find time to socialize with her friends and is concerned that she is not as fun as she used to be. Sarah is afraid that people won't view her the same way they did a few years ago.

Sarah comes into the BounceBack program feeling ashamed, tired and overworked.

With the help of her coach, Sarah learns how to organize her time and set boundaries with the people around her so that she still has time for self-care activities and hobbies. Sarah challenges her unhelpful thoughts and perception about herself, so she can improve her emotional well-being and be more appreciative of this new stage in her life.

She learns how to:

- Differentiate between what is her responsibility and what is not. She is not responsible for pleasing others all the time or dependent on their approval. Sarah learns to be more assertive and to set boundaries with others so that she still has time to do the activities she enjoys. She also learns that she can accomplish the most when she is clear around what her own role is and can confidently articulate this to others.
- Reincorporate hobbies and social connection goals back into her routine. Sarah learns the value of finding a balance between achievement goals; including working, taking care of her child and tasks around the house, with the other types of goals she values such as baking and connecting with friends.
- Manage running her business by breaking down larger problems into smaller and more manageable daily tasks. She discovers how to set short-term, medium-term and long-term goals for her business so that she has a clear understanding around what she is working towards and how to get there.