

Simone Janson (ed.)

SAY NO TO THE MENTAL LOAD TRAP



Gain emotional intelligence, feel freedom
instead of fears & sabotage, improve
mindfulness resilience self-awareness, learn
anti-stress strategies

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because women in particular are often affected by the mental load trap: They believe that they have to carry the entire family burden on their shoulders, think about everything and at some point they can no longer switch off. The job, children, your own home, your own parents - everything comes together, needs to be organized and planned. The stress trap quickly snaps shut. If there are also unannounced events, the situation quickly appears hopeless. The basic problem: many people find it difficult to differentiate themselves in important situations and simply to say “no”. Often behind this is the fear of social devaluation or sanctions, false courtesy, excessive demands on yourself or feelings of guilt. The following applies: Even if all the demands that collapse on us constantly suggest something different, there is a simple solution for almost all problems. And that is: Saying no more often to overuse and stress. This book helps here by pointing out the causes and suggesting solutions.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

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entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Resilienzfaktor emotion control

// By Dr. Denis Mourlane

The management of our emotions is probably the most important in the resilience concept. Everyone knows situations in which, as a rule, they unconsciously control their emotions and the associated impulses.

Empathy instead of rage

Parents did not sleep all night because their child was screaming, and it continues to go on without interruption during the morning. They feel a sense of annoyance and rage and control them through a variety of behaviors.

The mother breathes a few times deeply and clarifies, for example, once again that the child now has a toothache and nothing can be for it. This empathy helps her to bear the screaming of the child better.

Positive feelings conquer

The employee of a call center, who has to deal especially with unfriendly customers, wakes up in the morning with the ringing of the alarm clock and has no desire to go to work at all.

But perhaps think of the nice colleagues who are waiting for him, or that this is Friday and that he and his girlfriend will go to a wonderful wellness hotel at the weekend. He manages to create positive emotions within himself, to feel better.

impulse control

You are on the highway at high speed on the road and suddenly sheared out another car and forces you to slow down. They feel anger and would like to scream at once and get the person in front of them.

But they pull themselves together and say "Well, come on, the highway is not yours alone" and thereby manage to tame your strong anger again.

Without emotion control it is not

At this point, thousands of other examples could be mentioned, which illustrate what Emotionssteuerung has in it. As you can see, we all control our emotions in a more or less conscious and more or less intense way.

If we did not do so, we would not be able to practice our jobs or to live with other people in a society.