

Woman's World

5/3/2005

You're a *Yellow!*

IF YOU . . .

- ✓ Need a to-do list to feel comfortable; unstructured time makes you nervous
- ✓ Always need specific details of a task; you hate to "wing it"
- ✓ Tend to be a perfectionist

Who you are:

You're a natural-born problem-solver and leader. For instance, for you, the planning of a trip is as much fun as actually taking it!

Your biggest stress trigger:

When things aren't going "just right." Yellows are

perfectionists who often put undue pressure on themselves to be flawless.

Your personalized stress prescription:

Treat yourself like you would a friend!

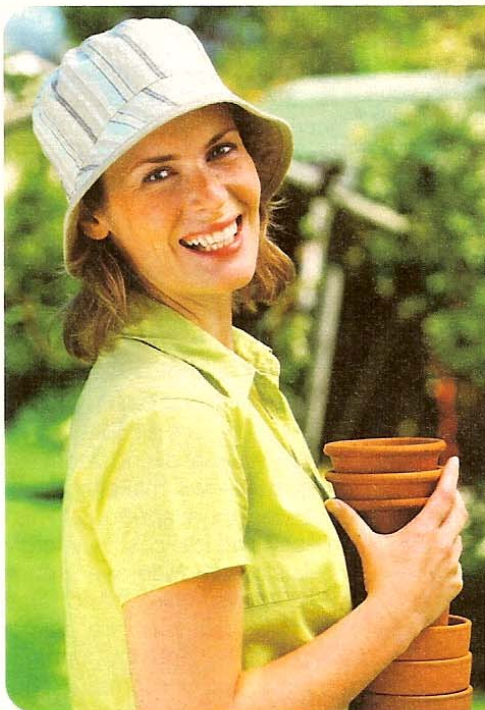
"Women often see nothing wrong with harshly criticizing themselves after making a mistake," says Debbie Mandel, author of *Turn on Your Inner Light*.

"But would you call a friend 'stupid' if she fell off her diet, or a 'loser' if she was laid off? Use the same kind words you'd say to a friend to yourself when things don't go the way you want!"



Tip!

Feeling tired? Look at something yellow! It energizes us so much that even infants take longer to soothe and fall asleep in yellow nurseries.



You're a *Green!*

IF YOU . . .

- ✓ Hate being tied down with plans and rules
- ✓ Get stressed out by small details and prefer seeing the big picture
- ✓ Tend to be emotional and take things personally

Who you are:

Though you're very flexible, you're on the sensitive side, so you often take responsibility for other people's moods.

Your biggest stress trigger:

When someone you care about is upset. If your husband comes home in a

bad mood, for example, you immediately start worrying that it's got something to do with you.

Your personalized stress prescription:

Develop your own "white shield"!

Imagine a shield surrounding you that blocks other people's negative feelings, says Mandel. "It might sound goofy, but it really helps. Also, when someone is upset, remember to say to yourself, 'This isn't my problem, it's his.' Don't let other people's bad moods affect you."