



WOMEN'S HEALTH MORE THAN PINK

Physical

Mental

Emotional

This October and beyond, I choose not only to wear pink, but to honour it; by caring for my whole self: body, mind, and spirit, and encouraging every woman I know to do the same.

Even when resources exist, many women deprioritize their well-being:

- **Caregiving and domestic load.** Women often bear the bulk of care for children, elderly relatives, and home responsibilities. That leaves less time for their own checkups or rest.
- **Time poverty and competing demands.** Work, commuting, household chores — the day fills up quickly. Scheduling a medical appointment can feel like a luxury.
- **Normalizing fatigue and pain.** Many women internalize aches, mood swings, or persistent fatigue as part of being “busy” or “a mother.”
- **Work culture and inflexibility.** In workplaces without supportive policies (flexible hours, mental health days, wellness benefits), seeking help can feel risky.
- **Burnout as structural risk.** Burnout is not just “feeling tired” — it is emotional exhaustion, detachment, and a sense of ineffectiveness. Women under chronic stress may push through until crisis. The high burnout statistics in healthcare show how extreme this can get.
- **Stigma and mental health barriers.** Admitting to stress, anxiety, depression is still stigmatized. Many avoid seeking care until things worsen.
- **Access, cost, and geography.** In rural or underserved areas, health facilities may be far, under-resourced, or difficult to reach.

When health is neglected, minor symptoms become major problems; prevention slips, late diagnoses become more common, and recovery becomes more difficult.



Technology is not a silver bullet, but it can provide scaffolding, reminders, insights, and access to help women care for themselves more consistently.

Making Tech Work for You

- **Start small and stay consistent.** Choose one tracker or app that fits your lifestyle; consistency matters more than complexity.
- **Set gentle, realistic reminders.** A hydration alert or five-minute breathing break can go a long way.
- **Integrate your data.** Sync tools (like Fitbit → Google Fit → Apple Health → Samsung Health, etc.) for a complete view of your health.
- **Review regularly.** Check weekly or monthly patterns, energy dips, mood changes, sleep disruptions.
- **Schedule your yearly check-up and actually go.** Check EVERYTHING possible, including the dreaded and uncomfortable pap smear and mammogram
- **Share insights with your doctor.** Use your app data as a starting point for more informed discussions.
- **Protect your peace.** Turn off non-essential notifications. Let tech work for you, not add pressure.
- **Keep it simple.** When digital tools overwhelm, use a journal or checklist, sometimes pen and paper bring the most clarity.

