

More Energy for Moms



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If you want to learn more about exercising to increase energy levels then please take a look at our companion product "Fit Yummy Mummy Workout"



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MORE ENERGY FOR MOMS

Science tells us that energy can not be created or destroyed, however, any mom will tell you that if you step foot into her home you will see what energy destroyed looks like. And it isn't pretty.

Some days it may feel that just as we finally get the chance to lay our weary heads down on the pillow an alarm clock somewhere is sounding. In fact I bet it is rare instances where you need to set an alarm, a child's cry, husband's nudge or a resounding shout of "mom" more often than not thrusts you out of bed.

There is no option for moms to oversleep or even sleep for that matter. The family is in constant need of their leader to get the day started There are clothes to be found, shoes to be laced, breakfast to be made, lunches to be packed, keys to be found, ties to be tied, and that is all before you even think about setting foot out of the door.

Each little person (or big person) in the household requires you to not only think for them, but often act on their behalf.

This is energy changing form. Already exhausted from the day (weeks) work prior, you have to put your best foot forward, dig up energy from a place you didn't know you had and begin another event laden day.

HOW IS IT POSSIBLE?

But how? How is it possible with everything written above and the acknowledgment that these things are the tip of the iceberg of effort it takes, to be a mom? How is it possible to get some of that energy back?

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How in a world of children and needs and husbands and dogs and in-laws is it possible to find the energy you've given to others and transform yourself into the woman you once remember being.

If you are like me the first thought popping into your head is "coffee!" and maybe even "chocolate!" and on some days...."coffee and chocolate!" And although these treats most certainly help us to get through some days, sadly that can't sustain the energy needed to be the woman everyone expects us to be.

A lot of articles or blogs will suggest you 'make time for yourself'. YES! What an amazing dream that is. An afternoon alone on the couch with a magazine, a good phone call and a hot bath are surely a great way to recharge your batteries. If only our men understood we don't really need diamond earrings, we need 30 minutes of quiet time.

The silent fear running through every house is the one where mom doesn't come out of the bedroom in the morning. The one time every three years you are allowed to have the flu, the house falls apart. Children and spouses alike are seen running about, screaming escalates and it's amazing how you suddenly begin to feel 'better'. Everyone knows that mom with a 102 degree fever still operates the house smoother than dad at 98.6

Stress and exhaustion can have a negative impact on your immune system. If you aren't giving your body everything it needs, sooner or later your body will show some signs of wear and tear. You may be a machine, but even a machine needs to be oiled and cared for. Below are some suggestions and examples of ways you can start taking steps to leverage the energy you have and find the energy you're missing.

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TELL THEM WHAT YOU NEED

It's ok to let your family know that mom needs some time to recharge. If this becomes a regular idea in your household, it may not seem like such a ridiculous request. In fact it can become an ongoing part of a family plan. If in the beginning you will have to put a little extra effort creating a plan that allows you some time to do the things your soul needs to recharge.

Start small – 30 minutes a day several times a week. At first it may seem impossible to even get a 15 minute break let a lone a whole 30 minutes. Find adventures for your family. Have dad take the kids for ice cream or to the library to return books. Besides giving you a much needed break; it creates wonderful memories for the children and helps your husband to appreciate the effort it takes to be the head of the team.

Build on the plan – Once dad has a handle on “30 Minute Recess” – move into allowing yourself a Saturday night with the girls or even a Sunday afternoon alone. It's important to look at your schedules and find the times that work best for the both you and your husband. Making time for you is important enough to plan it like you would anything else.

With a family it is virtually impossible to know what is going to happen at any given moment, but if you start by planning a week or two out, you and your husband will have time to set times that fit your busy lives and talk about family situations that may arise that he most likely may not have never had to handle.

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Reward – Getting time buy yourself will allow you to recharge the way you need to. If you find yourself the first few times wondering about what everyone is doing at home, don't worry that's normal. However, if you find you are a mom that leaves that at home, well that's normal too. All moms take the time to 'find themselves' differently and each way is right.

Change can be stressful though, so remember as relaxed as the time away is making you, in the beginning, you maybe returning to a very stressed and anxious crew.

Even if the change is minimal, addressing it as a family and treating it like a game more than an escape route will help to keep the stress levels to a minimum, for the whole family.

By bringing home something for the kids and the husband, your husband will feel appreciated (and hey it might even give him some ideas about treating you) and your kids will start looking forward to the days mommy goes out.

FRIENDS AND FAMILY

In the beginning there was man and wife. Remember those days? It may be hard sometimes to even believe that there was a time the two of you were free to do what you choose when you wanted to.

Like most busy families, making time for yourself is hard, but making time for just the two of you can be downright impossible, if not pocket draining. However, making time for just you and your husband can be another great way to reenergize yourself.