

Top Ten Ways Working Moms Can Take Care of Themselves

 by: Jean Johnson 1. Get enough sleep. This means making sure the kids go to bed early enough so you can. Have an evening routine that is calming for everyone. 2. Eat well. Yes you know it. Most of you don't do it. It is just as easy to grab a piece of fruit as a basket of fries. You and your kids will feel better if you eat three good meals a day. Do the shopping, planning and cooking together. This gives you bonding time and teaches the kids good skills to help out around the house. 3. Exercise. I know you're exhausted at night and don't have time in the morning, but if you're stopping for coffee or vegging out in front of the TV you have time. Do something - anything. It all helps. Better yet - take a class with the kids. 4. Look your best. Get a great haircut. Wear the best clothes you can afford. When we look good we feel good and we smile more. 5. Smile. You'll automatically feel better. Even better - laugh. 6. Count your blessings. Your mother was right, count your blessings. Make a gratitude list. We all have a multitude of things to be grateful for. Post your list and add to it. Have the kids make one too. 7. Ask for help. We don't have to do it all alone. Ask family, friends, co-workers, and organizations for help. From babysitting to yard cleanup to a ride to the store. People love to be needed. (Just don't use them) 8. Help others. Nothing feels as good as service. Get the kids involved. Help clean up the beach or mow the elderly neighbor's lawn. Helping each other makes all our lives easier. 9. Connect to your spirituality. Whatever that is for you. Nature, music, church, gardening. Do something at least once a week that makes you feel whole. 10. Lower your expectations. Yes - LOWER your expectations. Of yourself and of your kids. You're not supermom and they aren't superkids. Cut all of you some slack.

About the Author

Jean Johnson, one time single working mom, is now a full-time coach and writer specializing in women's issues, especially those involving transitions, spirituality and finding your purpose, passion and pizzazz in life. Jean can be reached at jeanjohnson@cuttothechasecoaching.com, or check out her website at www.cuttothechasecoaching.com. jeanjohnson2@cuttothechasecoaching.com

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