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Self Care

TIPS FOR MAMAS

IN THE NEW YEAR

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A woman with her hair in a bun, wearing a grey tank top with a 'SALD' logo and black leggings, holds a baby in a striped shirt. They are on a dirt path overlooking a large green lake and forested mountains under a blue sky. Three teal thought bubbles are overlaid on the image, containing text.

Do you feel like you spend every last inch of energy on everyone else, but there's never really time for yourself?

Do you feel like you can't "afford" to invest in the things you really love, so you put your money and attention elsewhere?

Do you feel guilty spending time on yourself when you do get a break?



Soul Mammamas, you deserve a break, and these tips can help you with self care strategies in the New Year!

Hi! I am Nicole De Leon and I am a mama of a toddler and stepmom of teenagers. I am also a host of the new podcast the Soul Mammamas Podcast on Apple Podcasts and elsewhere. Not only have I struggled with re-evaluating my newfound identity as a mom, but also with taking the time for self care. I know many, many mamas who share the same struggle.



As moms we often don't feel that we deserve to take "me time" to continue our passionate pursuits, so we often feel lost, isolated and sometimes even resentful. I felt alone and disoriented in new motherhood, so I started this podcast so other mamas wouldn't feel so alone.

Becoming a mom shifts our brain into protecting our little ones and puts us into a sort of "survival state" especially in the early stages. This means it is challenging to turn the focus back onto ourselves as moms and realize if we are feeling exhausted, unhappy, stressed, or stretched too thin. Even if we are feeling happy most days, we might not realize certain aspects of our health could be waning.

In order to be a great mama we SHOULD take time to nurture the things we love. This is not self-indulgent! In fact, I have even heard mamas say that they don't exercise because there is simply no time.

I am here to tell you, there IS time, and I will show you in the steps below. If your current form of "self care" is a glass of wine and Netflix in the evening, great, I do that too! But I am going to show you how to delve in even more deeply & sustainability into self care so you can feel like the healthy vital mom you deserve to be.



Below are 5 tips I would like to give you, on bringing REAL self care back into your life. These are interactive so you will also come up with responses and ideas out of these prompts.

PRINT OUT THE PDF:

(I believe hand writing things really personalizes it) write down your responses to these questions below:

1

Set up a time in the day that you can make “me time” to go for a run, yoga, read, hike, etc. and make sure you let everyone know that it is mama time. Clearly articulate it to everyone, including yourself, that this is very important for mama. Don’t put it off or prioritize anything else during this time or you won’t take it!

Just as a side note, if you are a single mom or have very limited time, see if there is any way you can do anything for yourself during your lunch break (if you are working away from the home), or if you can find a mom friend to trade with, even if it’s only 30-45 mins.

WRITE:

What are different time slots that you could fit into your day that you could make for “me time?”

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2

Think about what TRULY relaxes you. Self care doesn't mean going for a spa day necessarily. In fact, it should be much more sustainable than that. (Not to say that spa days aren't awesome). What I am getting at, is what is ACTUALLY helping you to re-group and get grounded and opposed to what you THINK is actually helping you.

For instance, I feel much more relaxed if I get in the water, to surf or swim, even if it's only for 45 minutes, then going to the gym. That is just my personal experience. What really relaxes you?

Because our time is limited as mamas, find what fills you up and uses your time wisely. If that means journalling or reading a book then honor that. Write down some things that actually make you feel sustainably full and that aren't just a "quick fix" so to speak:

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3

If you have little to NO free time or are a single parent, see if you can take your "me time" with your kids. For instance, read a grown up book quietly to yourself and offer to your kids that they can join you and read their own book. This can also apply to yoga, journaling, art, or calisthenics. You can have your kids join you. I know this isn't easy, believe me I've had my toddler crawling all over me, but soon they will see that what makes mama happy is also of interest to them.

Jot down some things you can do safely with your kids:

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4

Nutrition and health are a huge component in self care. In fact, they often goes by the wayside when we put everyone else first. See if there are areas in your health and nutrition that might be waining. See if there are certain foods or drink you may be using as comfort but that aren't great for you, or don't make you feel good long term.

For instance, maybe instead of two cups of coffee a day, which might be making you feel frazzled, try sticking to just one. Or give green tea a try. Don't deprive yourself, just get really clear to yourself about how certain food and drink makes you feel later.

Food/Drink that makes me feel bad	Food/drink that make me feel good



5

What is something you've been "meaning to do" or that scares you to start? It might sound counterintuitive in terms of "self care" because it often feels uncomfortable, but decide what has been energetically weighing on you and look at it square in the eye.

For example, maybe you've been putting off a new business or venture because you were too nervous to begin. Maybe you don't want to invest time, energy, or money into it. Maybe you want to leave something that isn't serving you. True self-care is recognizing what fires us up and facing it. This is the hard stuff mamas, because it takes not masking or minimizing the truth.

WRITE:

What is it that's been on your mind for a long time but you haven't started or let go of? Can you start with 5-30 mins a day to give attention to this? (This can be in the form of journaling, taking a training, applying to a different job, finding a mentor, etc.) Don't limit your responses here. Dream as big as you'd like.

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What now?

Once you have completed these questions you should have a better idea of what self care REALLY looks like for you and how you can approach bringing more of it into your life. If you can spend even a small amount a time on this you will be on track to manifesting more sustainably into your life. Remember that kids recognize when their parents are thriving or pinched off. Set an example of an aligned life for your kids and they will follow suit. If your parental circumstances are not “traditional” per se, or you have very limited time, try just one of the five tips above that you can apply to your life. Remember mamas, you DESERVE happiness and should never feel guilty about taking time to care for yourself.

