

Managing Motherhood: Maintaining Your Mental Health In Motherhood And Finding

STRUGGLING IN EARLY MOTHERHOOD

It is more common than you may think to feel overwhelmed, angry, and lonely after having a baby. The following tips may help you get through - there is hope and help.



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GOOD FRIENDS	SUPPORTIVE PROFESSIONALS	SOCIAL MEDIA CULL	WORK & EXERCISE	HELPFUL RESOURCES
<p>Good friends are so important. No advice, just a compassionate, listening ear. You should feel free to talk about your feelings and experiences, without judgement or suggestions. Sometimes just a "yes, I understand how you feel, I know it's hard" is the most helpful.</p>	<p>GP - Find one who won't rush appointments. They should consider you holistically, and be a reliable base for other referrals & information. Psychologist - get all your feelings out Physio - guide you through physical injury</p>	<p>Remove yourself from all social medias that make you doubt yourself as a mother or make you feel bad about yourself. When you're feeling low, it's not helpful to compare yourself or your baby to others. Align yourself with what makes you feel good.</p>	<p>Work - if possible, talk to your employer about how you are coping. This may help with work schedules (set time hours) to help you ease back into employment. Exercise - Do only what feels good! A walk, some stretching, or some dancing with baby! Find the joy.</p>	<p>PANDA www.panda.org.au COPE www.cope.org.au www.earlychildhood.org.au www.mind.org.au The "How to Heal a Bad Birth" Book www.howtohealabirth.com</p>
				

Being a mother is undoubtedly a rewarding and fulfilling experience. However, the journey of motherhood is not without its challenges. From sleepless nights to endless responsibilities, it is easy for mothers to neglect their mental health in the process. This article aims to shed light on the importance of maintaining mental health in motherhood and provide valuable tips to help mothers find balance amidst the chaos.

Why Mental Health Matters

Mental health is essential for overall well-being, and mothers are no exception. As caregivers, mothers often prioritize the needs of their children, neglecting their own mental health in the process. However, taking care of one's mental health is crucial for multiple reasons:



How are you, Mama?: Managing motherhood, maintaining your mental health in motherhood and finding the drive to pursue your passions.

by Larry S. Temkin ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 679 KB

Screen Reader : Supported

Print length : 47 pages

Lending : Enabled



- **Self-care:** Taking care of your mental health allows you to be the best version of yourself, not just for your children but also for your own happiness.
- **Role model:** Mothers play a significant role in shaping their children's perception of self-care and mental well-being. By prioritizing their mental health, mothers set a positive example for their children.
- **Stress management:** Motherhood can be overwhelming at times, and prioritizing mental health equips mothers with effective coping strategies to manage stress and prevent burnout.

Tips for Maintaining Mental Health

Managing motherhood while maintaining mental health requires intentional effort and self-care practices. Here are some practical tips to help you find balance:

1. **Set boundaries:** Learn to say no and establish boundaries to prevent overwhelming yourself with excessive commitments.
2. **Find support:** Surround yourself with a strong support system consisting of family, friends, or other mothers who understand and can provide emotional guidance.
3. **Take breaks:** Prioritize self-care by taking regular breaks from your parental responsibilities. Whether it's a short walk outside or indulging in a hobby, make time for yourself.
4. **Stay active:** Engage in physical activities that you enjoy, such as yoga, dancing, or even a simple workout routine. Exercise releases endorphins, which boost mood and reduce stress.
5. **Practice mindfulness:** Incorporate mindfulness techniques into your daily routine, such as meditation or deep breathing exercises, to help calm your mind and reduce anxiety.
6. **Seek professional help:** If you find yourself struggling with persistent feelings of sadness, anxiety, or other mental health issues, do not hesitate to seek professional assistance. Therapists or counselors can provide valuable support tailored to your needs.

Finding Balance

While managing motherhood and maintaining mental health can be challenging, finding the right balance is achievable. Here are a few additional tips to help you on your journey:

- **Let go of perfection:** Understand that perfection is an unrealistic expectation. Embrace imperfections and focus on progress rather than achieving an unattainable standard.
- **Engage in self-reflection:** Take time to reflect on your emotions and thoughts. Journaling can be a useful tool for self-reflection and gaining clarity.
- **Celebrate small wins:** Acknowledge and celebrate your achievements, no matter how small. Remember that motherhood is a series of small victories.
- **Show yourself compassion:** Treat yourself with kindness and compassion, just as you would treat a close friend. Show yourself grace during challenging moments.

Managing motherhood while maintaining mental health is an ongoing journey. By prioritizing self-care, seeking support, and implementing practical strategies, you can create a healthy and balanced life for yourself and your family. Remember, taking care of your mental health is not selfish; it is a vital part of being the best mother you can be.



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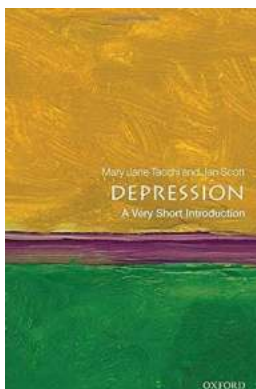
In this book, *How are you, Mama?* I share a personal birth story of a mama who has experienced postnatal depression and anxiety. Topics include information on maternal mental health conditions, your identity in motherhood and how to create a vision for your life.

This book is for Mamas who want to focus on themselves, learn more about who they are and be able to pursue personal goals and passions in their lives.



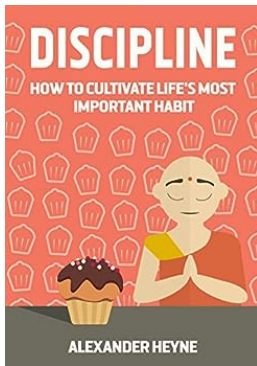
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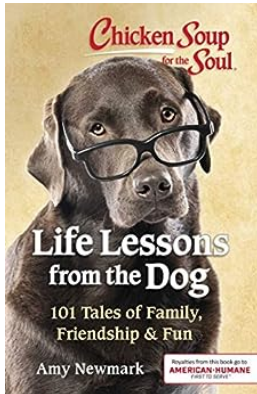
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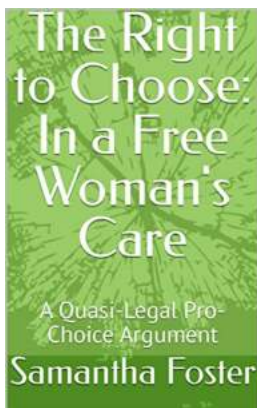
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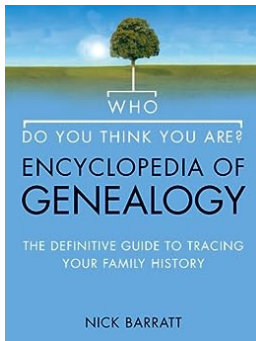
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