



So...you're looking to add mindfulness into your life? Congratulations on this step! Motherhood has the ability to push our emotional buttons and I strongly encourage using mindfulness as a tool to deal with the strains and stresses on this journey of our ours.

But what does mindfulness mean? How can you incorporate it in to your life and where and how do you even begin?

The following are some quick tips and tricks that I have used in my own life as a Mom. I hope that you find them helpful. I look forward to supporting your journey of Mindfulness in Motherhood!

xoxo,
Dena



Mindfulness- you may have heard the term but what does it really mean and more importantly, how does it fit into our busy lives as Moms?

Mindfulness, in its simplest form, means just being present in the moment.

As Moms, we've all experienced this in some form. From staring into your baby's eyes; filled with love, to twirling around and dancing and watching your kid's joyful smiling face and realizing, 'this is what it's all about!' Then there are those moments cheering for your little one during baseball or on stage at a dance recital and beaming with pride as your child works to their best ability. It feels like just a moment but you blink and there you are wiping tears from your eyes at their high school graduation. In all of those moments, you remain right there, in the present, in a state of being, feeling, and most likely appreciating the ability to just be so filled with love.

As Moms, these are the moments that you hope to remember forever.....but what about the moments that you don't? The moments you spend worrying, planning, stressing, and maybe even yelling. Cleaning, scheduling, packing, unpacking, putting shoes on, taking shoes off...any of these sound familiar? Then there are the distracted moments that you have as you zone off into phones, email, or work. Don't forget all the multi-tasking! Cooking dinner, making sure homework gets done, and that the baby gets a diaper change....all at the same time. It is in these moments that mindfulness may temporarily disappear from our motherhood. And it's because of all that we do as Moms, that mindfulness is such an important tool to have!

So how do you stay aware of when your mind wanders and you disconnect from the present moment?

Find moments to become mindful, and practice with consistency. A seated, formal meditation practice may not be for everyone and may not feel doable at the moment, but the good news is that you can fit mindfulness into the mundane.



Tip #1 - choose to wake up and add some Mama mantras to the start off your day. If you tend to wake up stressed about the day ahead, try reminding yourself out-loud every morning, 'I am a calm mom.' If you wake up not looking forward to the dishes, laundry, making lunch, or the rush out the door and to work, use the

moment your feet hit the floor to say aloud 'I am grateful for the day ahead,' or 'I wake up with a grateful heart.' This can be so powerful in reprogramming your psyche and starting the day off with a calm, appreciative state of mind.

Tip #2 - while taking a shower, become present in your body. Notice if your mind seems to race and plan while you are in the shower. Does this mind racing help you get anything done quicker? Probably not. Instead choose to feel the water hit your skin and drop down your hair. Focus your attention to your breath, gently encouraging the thoughts 'inhale' and 'exhale,' as you feel the air moving into your nose, your lungs, and back out. When you get out of the shower you can pick back up where your mama mind left off.

Tip #3 - use moments like driving your car to connect to the feeling of your feet on the ground. Push your right foot down, then your left, and take a deep breath before starting the ignition.

Tip #4 - invite yourself to take 3 audible sigh exhales when you notice yourself getting stressed, frustrated, or just feeling out of alignment while throughout your day. Give yourself permission to take a step away from situations that arise when you notice that you are about to be or are overcome with a negative emotion. This simple recognition and switch to audible sigh breaths will provide a physical and emotional release for your nervous system, helping you to refocus your thoughts and re-enter with less tension within your body and mind.

Tip #5 - use bedtime as another excuse to bring a Mama mantra back into your day. If you are rocking a baby to sleep, instead of wishing the baby will fall asleep more quickly, use this time for self talk like 'I did great today,' or make a mental list of everything that you are grateful from that day. Use this same thought process if you are stuck lying on the floor with a toddler or young child until they fall asleep. Re-channel your mental focus to the days' gratitude and be present feeling those thoughts. If your kids are older and get themselves to bed, choose to take 3 minutes before you switch the TV over to your favorite Netflix series or DVR'd show to say out-loud 10 things you are grateful for. Perhaps you take this time to begin a short meditation practice, if even just for 3-5 minutes; focusing on your breathing and feeling each inhalation and exhalation. When thoughts appear (and they will) don't judge them or yourself, simply acknowledge their presence and gently remind yourself to focus on breathing. Take this time as well to remind

yourself what a great job you did as a Mom today. Even if you don't truly believe yourself in that moment, saying this out-loud or to yourself has the powerful ability to raise your vibration and bring you one step closer to being a mindful Mom.



Becoming a more mindful Mom can truly help you to appreciate the little joys we may miss when over-planning, scheduling, or living in the past or the future. It will not make you a perfect mom (there's no such thing) but it can take the edge off those moments when you feel out of sorts or stressed to the max. Bringing mindfulness into your home can seemingly slow the pace of time and keep you present for the moments that really matter; the moments that make being a Mom absolutely worth it!

