

Serenity Now!

5 soul saving tips for mums

Yes, you have heard this before, and are quite possibly rolling your eyes as you tusk 'Really - this again?' but it's a must-have, must-use strategy for all mums. When the metaphoric (or literal) \$!%# hits the fan, this needs to be your number one go to.

1 Breathe

2 Look Up

Looking up reminds you to consciously remove yourself from the present frustration, sadness, anger (you fill in the blank with your own emotional descriptor) and replace it with the bigger picture. Who you want to be, how you want your child to feel around you, or what you want them to model.

With the image of the mother you want to be in your sights, where does your focus have to be to allow her to shine through? Will you benefit from looking into yourself and your actions in this moment, or is there greater impact in shifting your views around the situation?

3 Focus

4 Now Act

You have calmed, remembered who you want to be, shifted your focus to a place of purpose and now it is time to act. Does this mean you will put on some 90's music, list 5 things you love about your child, grab a carrot to chew on, or walk outside to consciously feel the weather on your skin?

You make the choice how you will best serve yourself and your loved ones in this moment. *Strategies!*

Whether you feel you were successful in achieving serenity in this moment or not, you must go again. Success leaves clues, so consider what was most beneficial for you and continue to incorporate these strategies to produce positive habits. If you still need guidance, return to step one and breathe. You have got this! You're a great mum and we believe in you. All your child needs is for you to keep trying. Keep searching for the actions and behaviours aligned with the highest version of you.

Go Again! 5

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