

5 Ways to Unwind After a Hard Day of Being a Mom

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It's not easy being a mom. Whether you work out of the home or you're a stay-at-home mom, life can get pretty stressful. There's always something that needs to be done and someone who wants your attention. Prioritizing your health and well-being is important. While it may feel impossible to find time each day to de-stress, it's essential. The following tips and ideas will help you unwind after a hard day.

Turn Your Bathroom into a Spa

Splurge a little on bath salts, candles, and fluffy towels. Grab your iPod and put on some relaxing music. Dim the lights and run a nice hot bath. You don't have to spend hours in the tub to de-stress; twenty minutes in a soothing environment can do a lot for your spirits. It's also an effective way to get a great night's sleep. Try adding a bath pillow to the tub and using lavender-scented products to enhance the relaxation.

Create a Gratitude Habit

Gratitude is a powerful emotion. It shifts your perspective and helps you focus on what's important and precious in your life. Find a beautiful journal and a favourite pen (it's important to use items that inspire you). When you find yourself feeling stressed, sit and write down three things that you're grateful for.

Get Some Fresh Air

Nature has a way of centring and bringing you back to yourself. If you've had a particularly difficult day and need some time, try heading outside. Take a walk if you can, or simply sit on the porch and inhale the fresh evening air. As the sun sets, the world tends to get a little quieter. You can sense the peace and enhance the effects of nature by enjoying a nice cup of relaxing chamomile tea as you enjoy the evening.

Read

Reading a good book provides you with a brief escape from reality. Find a fiction book in a genre that you enjoy. Mysteries, romance, and paranormal stories are popular genres. Allow yourself to dive into your story for ten to twenty minutes and simply enjoy yourself. Avoid reading a book you think you should read or a book that is educational. The point is to enjoy yourself with a little escapism.

Self-Massage

Finally, consider learning some self-massage – massage your neck, head, and feet for maximum benefit. Practice deep breathing before you massage your trigger points. Make sure that you find a place that is quiet where you'll be undisturbed for a few minutes. If a child is tapping you on the shoulder every three minutes, it won't be as relaxing.