

New Moms - Transform Your Emotional State In Just Five Minutes A Day

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Why isn't there a crash course in being a new mom, where they hand out a pamphlet that lays out the reality of new motherhood? Not another place to hear about how wonderful the baby is, how sleep is a memory after birth, but the truth of what motherhood does to women. Face it, it has a real impact and when you are completely blindsided by it, it can take a little getting used to.

Don't be hard on yourself if you to feel alone, or have moments where you resent the impact that having a baby has had on your life. Being a new mother is difficult and when we are out of balance, we can often suffer emotional overwhelm.

Becoming a new mom can be stressful, but there are definitely things you can do to reduce and avoid the emotional overwhelm. The first thing you can do is avoid putting unrealistic demands on yourself. Being a new mom is an extreme challenge even for the most maternal woman. So what if the house is immaculate, washing is not done and you haven't had time to shower. I know as a woman we have this misconception that we must do everything ourselves and if we ask for help we are saying we have failed. No, know this, it is the strongest person that is able to admit that they need help and then ask for it.

I am speaking one mom to another; my experience has taught me a few things about motherhood. Firstly you need to accept your world for what it is and not what you want it to be. You are a mom now, your life is no longer just about you. While right now it might seem like you are spending all your time focusing on the needs of your baby, remind yourself that this is just a small window of time that will pass quickly.

There are definitely many things that women can do to help their emotional transition into motherhood. One of the most powerful ideas I have come across is to spend five minutes each day writing in a personal journal.

Write your thoughts and feelings, and especially write about what you are thankful for. Call it your Gratitude Journal. The concept and value of journaling feelings has been around for a long time, but I believe its power and application in motherhood is often overlooked.

When you feel emotional overwhelm start to creep into your day, use your journal as a safety valve. Make sure you focus only on your feelings. If you need to vent, then do so, but always conclude each entry by writing down at least one thing for which you are grateful. Read back on it when you feel low. By being thankful for what you have and those that love you, it will help keep reality in perspective.

Be realistic about what you expect from yourself and those around you. Becoming a new mom is a very challenging time, and it is important to recognize that it is a time for treating ourselves gently. Being a mom is really a wonderful experience, but it is important that we cultivate habits that will help us to stay centered.

Salena Kulkarni is the creator of <http://www.NewMommyMentor.com>, and has just released an audio on how new moms can really thrive after childbirth. You can claim your copy now by visiting this site.

Parenting

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