

Hey mama!

So you asked for it and I've been working hard (with the help of a few collaborators that helped me a long the way: a psychologist, a holistic practitioner and a retreat director!) to bring you this 7 day Mommy Mindset Rehab.

It's not going to be a magic switch that we flip and suddenly we find ourselves losing our cool less often, being super healthy or any other expectations that we might have....because you know as well as I do that things like that just aren't possible when it comes to mindset.

What this 7 day "rehab" will do is challenge you to be more introspective, more present, a little selfish (in a good way of course). The point is to recenter you - allow you to reconnect with and understand yourself and those around you a little more which will help us to, hopefully, be more positive and a little more "chill" as we deal with the everyday happenings of our lives.

What to expect and commit yourself to over the next 7 days:

1. Homework
2. 20 minutes of physical activity (walking, stretching, any movement counts)
3. 10 minutes of invoking and calming the mind (examples below)
  - 10 minute meditation
  - 10 minute yoga flow
  - 5 minute hot shower, 5 minute cold shower (I'll talk a little more about the proven benefits of this)
4. Being open to sharing in the experience with others in the group. While this is the most optional of all these, it is also probably the most beneficial because it allows us to connect and connection heals.

Some tips as we start:

1. Commit to making this a priority for 1 week
2. Connect with others. Make it a priority. Through phone calls, texts, sharing of stories, physical touch, etc.
3. Don't ask questions you don't want to listen to. I.e. When you ask "How's your day?" but you don't genuinely care about it - it actually adds more annoyance and negative energy into the relationship. So refrain from asking the question in the first place. This is a great general rule when we are trying to go beyond just being polite and move to being genuine.
4. Listen. When you are speaking with someone, when you are making the connection - whether it is with a 2 year old or a 90 year old, listen and practice that skill. Hear what they say, repeat it back to them in your way, ask them questions, make them feel heard.
5. Take time for yourself - every single day.
6. Make your bed every morning. Clean the kitchen every night (or have someone else do them). These are two things that can help us to start and end our day on a good note. It might mean an extra 5 minutes that we don't have - but make time for it - even if it's just for these 7 days.

Tomorrow, May 1 will start it all - I'll post all necessary info in the group :)

If you have any questions at any point - just let me know!

xoxo,  
Bethany