

- ❖ TOP 8 ways working mothers can focus on **self care** – given the time and demand constraints that are put on them
  - Make time for support network – friends and family
  - Find a way/ways to decompress after work. Could be a 10 minute power nap or closing yourself in a room and listening to music that soothes you
  - Take five minutes a day to "check-in" with yourself. Make this a time of reflection, perhaps focusing yourself on your goals for the day, on the mood and thoughts that you want to have, etc.
  - Keep doing that which refuels you
  - Be honest and communicate your needs for self care to your partner
  - Know that the only way to give fully to others is to fully care for yourself – when we take care of ourselves and create joy in our own lives, we create happier families
  - Take time out for breaks at work
  - Splurge on extra special day of relaxation – could be a long walk in the mountains or a day at a spa.

- ❖ Method to Improve your Work/Family Balance
  - Decide you want to make a change
  - Become aware of your top 5 priorities in life
  - Ask yourself if you are living according to these priorities or values?
  - If you are not, make a list of what you must say NO to in your life in order to live more fully in your values.
  - Create another list of the corresponding YES's you wish to commit to. (Example: I will say NO to working overtime and YES to eating dinner each night with my family)
  - Choose one or two major YES/NO actions to commit to
  - Set achievable short term goals to get you to closer to really living these values
  - Find someone to hold you accountable – coach or friend
  - Establish a way to hold your priorities visually or mentally clear in your mind – write them down and stick them on the fridge, write them down in a journal, create a mental picture of them in your brain, etc., so that you can always check in with yourself.