

2 WAYS MOTHERS CAN HELP THEMSELVES CALM DOWN AND RELAX

2. SELF SOOTHING

In hard times, or moments of distress, it is easy for us to look for comfort in something that is unhealthy. This is because many people have not learned how to properly self-soothe (feel better calmer or more relaxed).

Instead of reaching for a substance the next time your stressed, try to take a bath, listen to music, write in a journal, go for a walk/hike/run, watch a movie, etc.

If you make a list of activities you enjoy and use them when you are in distress, it is easier to break old habits and form new healthy ones, helping you develop good self-soothing skills.



1. IMPROVING THE MOMENT

I: Imagery

imagine a relaxing scene to transport you out of a distressing situation.

M: Meaning

Find some purpose or meaning in what you are experiencing can be helpful

P: Prayer/Meditation/Reflection

Whether you are praying to a God, universe, spirit or whatever you believe in, sometimes just asking for help and letting emotion out is helpful

R: Relaxation

Try to relax your body and slow down your breathing

O: One thing in the moment

Focus your entire attention onto one thing that you are doing in the moment. This can help keep out any unwanted negative thoughts

V: Vacation

Give yourself a brief break for a short period of time (lay on the couch, take a nap, watch a movie etc.)

E: Encouragement

It is proven that people who say encouraging things to themselves actually accomplish more than those who do not