

It's probably no secret to you that today's mom is busier than ever. It doesn't matter if you're a career mom trying to balance work and family or a stay-at-home mom trying to run the household and manage the many activities your children are involved in.

Mommy Time - I Needed Break!

Moms tend to think about everyone but themselves, which is great for everyone around them but it can take a toll on even the most devoted mom. In order to keep your sanity it is important that moms take time out to relax and regroup.

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I know it is easier said than done, there is always one more diaper to change, one more meal to cook or one more load of laundry to do. So what can you do to take time out for yourself and when are you supposed to do it? Here are a few ideas to help get your mommy time out started.

Ask your husband, a friend or a family member to watch the kids for a while. In just a few hours you could go see that movie you have been dying to see, minus screaming babies and frequent trips to the bathroom to avoid bothering other people. In just two hours you can get your hair done, a manicure and a pedicure. Imagine how relaxing just two hours of alone time would be.

Chances are you won't be able to get someone to take the kids everyday for a few hours but it's still important to take a mini time out everyday. By doing this you will spare the children from unwarranted outburst and yourself from slipping into depression.

- Leave the dishes, the laundry and the spill in the kitchen for just thirty minutes, maybe while the baby is napping or while the kids are watching a cartoon. Just taking thirty minutes to relax or work on a hobby will alleviate some of the days



Many moms feel guilty if they take time for themselves and end up taking care of everyone else around them and pushing their own needs aside. This ultimately will leave you feeling burnt out, stressed out, truly unhappy and sometimes resentful. During the journey of motherhood, it is easy to lose ourselves along the way and inadvertently cut off or not seek out the support and camaraderie of other mothers.

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stress.

- Wake up an hour early or go to bed an hour late, the kids will be sleeping and you can spend sometime getting ready in the morning or watching TV.
- Exercise regularly can be a great way to get you going and keep you in shape for keeping up with your kids.
- Eat right, veggies and fruit will charge your immune system, the last thing you need is a sick mommy.
- Remind yourself that you can't control everything. Don't spend your mommy

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time out worrying about what is going on at the house, your husband is perfectly capable of handling the kids alone for two hours.

- Start a baby swap, a baby swap is when two or more moms agree to take each others children for a few hours to give the other some free time on a weekly or monthly basis.
- Share the load. Sit down with your family and divide the chores. By sharing the load you can make more time for everyone and by giving
- When hit overload just taking a few minutes to sit and think about the positive things in your life can make you feel better.

You don't need to be busy every minute of the day. Stay home with your family. Don't make a commitment unless it is important to you. Get in the habit of saying no to things you don't want to, or don't have time to do and don't feel guilty about it.

While motherhood is a very rewarding experience and totally worth the sacrifice it can be stressful and with all that you do for your family it's hard to think about yourself, but very important. By taking care of yourself, you also teach your children the importance of taking care of their own mental and physical health. Look at the time spent on yourself as an

investment to make you a better, happier mom for your husband and your children.