

A Moment for Mom

self-care for busy moms

100 free things that moms
can do in 30 seconds to
balance body, mind,
emotions and spirit

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DEDICATION

It is only fitting that I dedicate this book to the very people that helped me experience for myself the incredibly busy life of a mom, wife, and business owner, and thus understand on a personal level why a mom needs this book. So thank you, from the depths of my heart, to my children, Rayna, Sari, Eli, and Arin, and my husband, Evan, and also to my many students and friends.

Also, a special thank you to Raizel Michelow, who planted this idea in my head, because I couldn't rest until I had created it. Raizel, you're the greatest friend because you understand it all.

HOW TO USE THIS BOOK

You will need 30 seconds. That's all.

Use in order, or turn to a random page. Each page has a title, a benefit, and simple directions. Read it and do exactly what it says.

Or, if you know that you are in the mood for a creative, emotionally uplifting, physical, or spiritually-oriented task, use the Index at the back of the book to choose one that fits your interest.

Notice the benefits you experience because you took that 30 seconds just for you.

Yes, you deserve it. And yes, there **is** more to life than just being that caregiver, and maybe also partner, business owner, student, staff member, woman, sister, and friend...all of the roles we play.

Because, no matter what, if we are not feeling worthy, balanced, and okay, we really can't do any of our other roles well, can we?

So, take that 30 seconds. And use it for YOU. The benefits will last far longer than 30 seconds. They might just become a wonderful little daily ritual.

But, start with 30 seconds. Enjoy. This is your time.

By the way, the writing tasks have a blank page beside them for jotting your notes. So, all you need for those is a pen. If there isn't a pen nearby, use a pencil. Or, a broken crayon. We moms have lots of those around. Or, use a partially dried-up marker, eyebrow pencil, or lip liner if that's what's handy. It's ok – write in the book. Later,

reading what you wrote will be part of your reflective process, showing you how you've grown.

Feel good about this 30 second you-time. It's an accomplishment to take even that much for yourself. You'll find yourself becoming more present, more patient, more loving, and happier if you do this regularly. People might even notice, and comment about the positive changes in you. But it isn't about what they think. It's about how you feel.

Basically, we're frazzled people who are loaded down with an unreasonable amount of responsibility for raising little beings to hopefully be kind and productive members of society without too much emotional baggage, while maintaining the house, our work, the kids' extracurricular and social plans, and also being a present, loving, and emotionally supportive partner, who's able to maintain friendships and relate to our parents, sisters, and anyone else who is vying for our attention.

Take a 30 second Moment for Mom. It's your turn.

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Appreciate Yourself

We tend to be our worst critics. Loving ourselves attracts more love into our lives.

Think of five things you like about yourself. (Yes, **five!**)

Then look into a mirror, look yourself in the eyes, and smile.

Appreciating yourself helps model this quality for your child(ren) to also learn to do the same.

Belly Breathe

Become aware of the benefits of taking full breaths.

Put your hand just beneath your navel, and think of your womb, where life is created.

Breathe in slowly and fully, so that your hand rises as your lower abdomen expands.

Release the breath and feel your lower abdomen move back in towards your body.

Continue with full, mindful breaths at your own pace for 30 seconds and notice how relaxed and stress free you feel.

Listen Deeply

This exercise will bring you to the present, sharpen your senses, and help you focus.

Close your eyes. Observe everything you hear for 30 seconds. Just focus on hearing every sound around you. Don't analyze or judge what you hear.

This mini meditation focuses your mind on awareness.

It also helps remind you to really listen to your children - their words, tone, and the feelings beneath them.

Ask Yourself

Sit quietly, breathe for ten seconds,
and ask yourself:

**What values do I hope my child(ren)
embrace when they're older?**

Write down whatever comes to mind on
the blank page to the right of this one.

Read it.

Come back and review it whenever you
need a reminder.

My Notes:



Say Affirmations

To realign yourself with positive energy, attract more goodness into your life, and increase optimism, say each of these aloud and with feeling:

Being a mom enriches my life.

I am strong, gentle, and beautiful.

**I have endless reserves of patience
available to me at any time.**

Energize Your Mind

Relieve mental congestion and headaches, clear and refresh the mind, sharpen memory, and open the mind to higher inspiration.

Step 1: Place your thumbs at your temples and fingertips at the middle of your forehead.

Step 2: Slowly, with pressure, pull your fingers apart to the hairline stretching the skin above your eyebrows.

Step 3: Place your fingers at the hairline and repeat the stretch.

Step 4: Repeat this pattern at the top, center, and back of your head, to the base of your neck, with pressure.

Step 5: Push your fingers into your shoulders, hold, and then pull across your shoulders to the front.

Recognize Happy Moments

Naming things that make you happy helps you be more aware of the goodness in your life.

On the page to the right of this one, list three little things that make you happy:

- 1) Something about your child(ren)
- 2) Something about your day
- 3) Something about being a mom.

Nothing is too small to count.

My Notes:



Release

Choose three things you would like less of in your life. For example: worry, impatience, insecurity, frustration, judgement, etc.

Then inhale, and say aloud, "**I now release _____**" for each thing you've chosen.

After each statement, exhale strongly as you blow that emotion away from you and out of your day.

A MOMENT FOR MOM

Just for Today

**Make sure to say
"I love you" to your child(ren) today.**

Wisdom Break

Access and express some of your accumulated wisdom. Surprise! You're wise!

On the page to the right of this one, write your answers to:

**3 things I've learned about
caring for babies.**

My Notes:



If You Could

Engage your imagination in adding more to your life.

Imagine you can choose one moment you've experienced as a mom and hit the "pause" button so you can experience it for longer, again.

- What moment would you pick? What emotions does that moment hold for you?
- What experiences can you create in your life now that would offer you similar emotions?

Choose Love

You can change your perspective to love in any situation. All responses we make come from either love or fear. If you are getting angry, that comes from fear of losing power. Compassion comes from love.

Think of a time you were angry at your child or partner. Consider why you felt this way. Try to identify the need that was beneath the surface of the behavior that challenged you.

Then ask yourself, "**How could I respond to this from a place of love?**"

The Powerful Heartbeat

You were once known only as a
heartbeat in the womb of your mother.
Your child(ren) started life the same way.
Your heart beats for your whole lifetime.
Connect with its power now.

Quiet your breathing and sit still for 30
seconds. Try to hear, feel and experience
your heart beating.

You just did a meditation that
celebrates being alive.

Just for Today

Use your sense of humor. Whenever something could tick you off, irritate or annoy you, choose to make a joke instead.

Try saying, "Good one!" or "Well, there's something you don't see every day," instead of a negative reaction.

Notice how your response changes the energy of the situation and helps to resolve it faster.

Ask Yourself

Sit quietly, breathe for ten seconds, and ask yourself:

**What am I looking forward to
in the next six months?**

Write down whatever comes to mind on the blank page to the right of this one.

Read it.

Come back and review it whenever you need a reminder.

My Notes:



Read a Beautiful Poem

Sometimes moms need some adult-level intellectual inspiration. Poetry is inspiring and uplifting.

Read a poem to remind yourself of the beauty in the world, to connect with the words that move you, and to beautify your day.

If you don't have a book of poetry handy, surf over to www.poemhunter.com. It's a wonderful resource for poetry of all styles and subjects.

Say Affirmations

To realign yourself with positive energy, attract more goodness into your life, and increase optimism, say each of these aloud and with feeling:

I have fun with my child.

**I nurture the best in myself
and my child(ren).**

I'm doing my best, and that's enough.

Wisdom Break

Access and express some of your accumulated wisdom. Surprise! You're wise!

On the page to the right of this one,
write your answers to:

**3 things I've learned about
loving my children.**

My Notes:



If You Could

Engage your imagination in adding more to your life.

Imagine you could move objects with your mind. Go ahead and visualize what you would do. Have fun with it!

Afterward, consider: What particular purpose(s) did you choose to move what you imagined? Did you entertain yourself by making objects dance? Did you save time by rearranging the room without lifting a finger? What qualities of this vision do you need in your life now? Entertainment? Refreshing of your space? How can you get more of these into your life now?

Take steps to make it happen.

Smile at Your Child

Sometimes, we forget how good it feels to smile and be smiled at. Make it your goal today to look into the eyes of your child, think of what a blessing your child is, and smile with loving intention.

If your child asks why, just say,
"Because I love you."

Ask Yourself

Sit quietly, breathe for ten seconds, ask yourself:

Before I became a mom, what did I dream my life would be like in the future?

Write down whatever comes to mind on the blank page to the right of this one.

Read it.

Come back and review it whenever you need a reminder.

My Notes:



Get Outside

Get some fresh air, clear your mind, and connect with nature. A change of scenery helps wake you up and refreshes your perspective.

No matter the weather, get outdoors, even just for these 30 seconds.

Go outside, take a big breath, look at everything around you, and remember that you're a part of this magnificent planet.

Refreshing!

Wear Your Heart on Your Sleeve

Name a feeling that you want more of today.

Write that feeling on the inside of your forearm. Invite your child(ren) to choose their word (just one) and they are allowed to write this one word on their arm today too! (Remember to use washable marker or eyebrow pencil!)

Let that word remind you all to invite that feeling into your day.

Dance!

Dancing has been shown to release stress, increase flexibility, burn calories, and increase happiness (because it's fun!)

Take 30 seconds, put on a good song, and dance with your child(ren)! Enjoy the fun of dancing together!

Even 30 seconds is enough to give you a mental and emotional boost!

Expect the Best

Changing expectations changes outcomes.

Try this experiment, and give yourself permission to try it without resistance:

Say, "Today is a wonderful day!"

Be observant; expect it to be true as one would expect a gift.

At the end of the day, think back on your day and write down the wonderful parts of your day.

Wisdom Break

Access and express some of your accumulated wisdom. Surprise!

You're wise!

On the page to the right of this one,
write your answers to:

**3 things I've learned about
being organized.**

My Notes:

