

Make your
mental health a
priority.

Mental Health for Moms

May is not only all about MOM, but it's also Mental Health Month. So, lets combine the two and talk about the mental health of moms.



So often, we find ourselves burning out from stress in our daily lives, and it's not until the moment we've absolutely had enough that we allow ourselves a break. But what might happen if we all took a "break" before we reached that final breaking point?

As women we juggle many roles - caregiver, homemaker, employee, daughter, daughter-in-law, sister, friend, and multiple others. Each of them is governed by attitudes, beliefs, thoughts, and perspectives. Most of them are accompanied by a set of unrealistic expectations and demands, which turn into an enormous burden to bear and fulfil. In the process of managing all these roles and simultaneously trying to be "perfect" in them, we most often lose sight of our own individuality and needs. It is essential that we find time to practice self-care so that our health is a priority.

Although many people are familiar with physical ways to take care of their health, mental health or emotional health, while equally important, is sometimes ignored. Mom's needs often seem to come last. When life gets busy, self-care is the first thing we sacrifice. After the kids, husband, job, pets, and endless errands... Women often think that taking time for themselves in the middle of busy times seems indulgent but looking after your well-being can help you be more productive and better care for others.

Is "me time" a foreign concept to you?

It seems like at every turn, the responsibilities of being a working mom, inside or outside of the home, take up all your time. Obligations at home and at the kids' schools and meetings, projects, and deadlines at work. Somewhere along the line, "me time" stopped being a priority. You've drifted away from your interests and passions—and essentially, yourself—without realizing that it's even happening.

Stop Feeling Guilty

Mom guilt is real! We may want to take some time for ourselves, but we tend to feel bad about it. So instead we keep going, constantly self-sacrificing, and as a result, we're forever exhausted. But the truth is, when your energy is depleted, everyone—your kids included—suffers. So really, taking care of yourself is for everyone's benefit, not just yours.

Self-care is not selfish.

Caring for mental health begins with personal awareness. If you take an hour or just ten minutes to do whatever makes you feel good the rest of your day will be easier and more fun. Your family will enjoy having an energetic and refreshed mom, even if they complain about your absence. The bottom line is by paying attention to your own needs, you'll be better at meeting everyone else's.

Asking for help: A key component of self-care

For many people, self-care modifications for improved mental health are possible and empowering. But if you have symptoms of mental health distress, and those symptoms persist despite lifestyle changes, further assessment is advised and available. Asking for help when needed is a sign of strength and reinforces self-care and overall well-being. Making our mental health a priority can boost our ability to be resilient and elevate our overall well-being. In short, our emotional state matters.

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Physical Self-Care

Physical self-care involves activities that improve your physical health such as diet and exercise. It also means seeing a doctor when you are sick and taking the time to rest.

Emotional Self-Care

Emotional self-care involves caring for your emotional health in order to attain emotional wellbeing. The key is to get in touch with your emotions. This can mean taking some time to meditate, write in your journal, practice gratitude by reflecting or sharing with others, talking with a close friend, seeing a therapist, or leaving positive notes for yourself.

Mental Self-Care

Mental self-care involves activities that help declutter your mind and reduce your stress levels. There is no wrong way to take care of your mental health, as long as it makes you feel relaxed!

Upcoming Events

Saturday, May 18th 12pm-4pm

Mom's Mini Retreat

Sunday, May 19th 1pm

Meal Prep Party

For more info & to register:
beyondpersonaltraining.org

Yoga for Mental Health

Yoga's positive benefits on mental health have made it an important practice tool. There is a growing body of research to back up yoga's mental health benefits. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system. Studies suggest that yoga helps improve mental health issues, including anxiety, depression, and post-traumatic stress disorder, among others.

Source:

Yoga practice changes the firing patterns of the nerves and chemical makeup of the body's fluids and blood gases that activates a relaxation response. By concentrating on carrying out the specific body posture and alignment of a pose and then holding it as you breathe deeply, the body starts to shift from a state of biochemical arousal and tension to calm and relaxation. Relaxing yourself deeply into a yoga pose through deep breathing lowers the brain's response to threat. The body starts to turn off arousing nerve chemicals, like adrenaline and stops dumping fatty acids and sugar into the blood stream for brain, muscle and motor energy.

Childs Pose



Low Cobra



Forward Fold



Downward Facing Dog



Pigeon Pose



Bridge Pose



Reclining Butterfly Pose



Corpse Pose



Shoulder stand



Twisting



Getting the most mental health food bang for your buck

Eating right for mental health is pretty simple. You want to eat more real, whole, natural foods and less processed and junk food. The general rule of thumb is to eat a wide variety of food the way it grows from the ground, on vines, bushes and trees. Fruit, nuts, and vegetables in their original, natural, form. Meat and poultry should be organic, free-range, and grass-fed whenever possible. Dairy products like milk, yogurt and cheese are also best from organic grass-fed animals. Meat, eggs and dairy products from grass-fed animals are higher in omega 3 fatty acids. Here are some of the most nutrient dense, readily available, foods for the best mental health:

Salmon: Salmon is an excellent source of protein, vitamin D, and potassium. It is also one of the best sources of DHA omega 3 with a ratio to omega 6 of about 1:23! It is also high in B vitamins, including B12. Salmon provides tryptophan which converts to serotonin, an important mood regulator, in the brain.

Broccoli: Broccoli is high in potassium, folate, and vitamin C. It also has a lot of fiber which acts a prebiotic. Prebiotics create a friendly environment for probiotic bacteria to flourish in the gut.

Eggs: Besides fatty fish like salmon, and some mushrooms, eggs are one of the few food sources of vitamin D. They are high in protein and can also be a source of omega 3's if they come from pasture raised chickens. Eggs are a good source of vitamin B12.

Berries: Blueberries, raspberries, strawberries, and blackberries as well as other berries are rich in vitamin C and other powerful antioxidants. They also have important fiber, potassium and digestive enzymes.

Yogurt: Yogurt is a cultured (fermented) food with billions of probiotic bacteria. Probiotics aid in breaking down nutrients for better absorption. This not only improves digestion; it allows the body and brain to better use the nutrients we consume. Recent research suggests a link between good gut health and good mental health.