

Moms To Do List

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Several years ago, I saw a “Family Circus” cartoon in which the mother announced that she was going to go to bed. You then see the trail of where she goes and all the things she does on her way. I think most moms can identify with this. In our line of work, there is always more to wash, fold, sweep, vacuum, scrub, organize, clean, give, console, teach, encourage, love and forgive. I once heard a Pastor compare a mother’s job to attempting to string beads without a knot at the end of the string. But what is often missing from moms’ to do lists, is to take care of themselves. All too often, moms dismiss their own needs. If their needs are left unaddressed for too long, moms can become angry, bitter, resentful, judgmental, discouraged, depressed and suffer poor health.

Moms can be proactive by taking the time to care and nurture their mind, body and spirit.

Taking Care of Your Mind

- 1) Ask for help. As much as we all want to be independent and think we can do everything on our own, we all need help at times. So before you become overwhelmed or upset that no one is helping, ask.
- 2) Learn to say “no”. Just because someone asks you to do something does not mean that you were called to do it. It is all right to say “no” when you need to.
- 3) Treat yourself the way you would want others to treat you.
- 4) Take time to be with your husband. Make it a priority to stay connected.
- 5) Take time to be with friends. Spending time in the company of other adults can be rejuvenating

Taking Care of Your Body

- 6) Eat healthy. Moms are good at making sure their loved ones eat well; however, we don’t always apply the same principles to ourselves. Research shows that choosing to eat healthy positively affects our mood and health.
- 7) Take time to sleep well and get rest when needed. Moms cheerfully stay up late and help with school projects or get up early to make treats for school. It is important for mom to get good sleep. Doctors tell us that those who sleep well regularly are less prone to disease and are less stressed.

Taking Care of Your Spirit

- 8) Spend time with God daily. He wants to love and encourage you.
- 9) Take time for yourself every day by doing something that builds you up and encourages you. This can take many forms such as listening to music, praying, and going for a walk, appreciating nature or talking to a friend.
- 10) Be gentle and gracious with yourself. Moms are good at being understanding and gracious with loved ones but can also be hard on themselves.

As moms, we spend a lot of time taking care of loved ones and when we take the time to care for ourselves, we are able to bless our family more.

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