



What's your default setting?

How often do you catch yourself saying, *“I wish I had just a few more hours in the day for some time to myself”*? Mums often feel like there is very little time in the week for them to de-stress and do something enjoyable for themselves. Worse, if they do take some time out, they often feel guilty for it. This can lead to overwhelm, anxiety and low moods. Not good for anyone, especially the children.

Change your default setting...

Creating a **default diary** can truly save your sanity. It will also build respect, develop very healthy habits for your children to learn from and maximise time efficiency.

e.g. Mary has 3 small children (one with special needs) and was feeling constantly overwhelmed. She described herself as either a *“Screaming Shrew”*, *“A nagging fish wife”* or when that failed, *“A slap-fest mother”*. She was horrified with who she had become since having children.

Following a suggestion, Mary sat down and worked out her default diary for the next 6 months. She blocked out holidays with the family, scheduled a 2 hour weekly riding lesson for herself (she loved riding when she was younger), committed to 2 sessions of gym a week and then built work and other commitments around these. To save her sanity, she put herself first and then worked around that. It worked! She felt more calm and able to roll with the up's and down's.

Start your default diary too...

What's **one activity** that you would love to do each week, even if it's only for 30 minutes? Something that is just for you and makes you feel brighter, more vibrant and content? Schedule it into your diary and ensure you have the resources you need to be certain it will happen. Do you need baby sitting etc.?

Block out some **quality time for your important relationships** and plan for these too. Include some self-care time for **health and wellbeing**.

Once you've developed a habit of scheduling time-out for fun, you may find your default setting becomes, *“Calm, content and resilient”*. It could be one of the most important things you teach your child.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au

- ✓ Not scheduling time for you can cause overwhelm and out of proportion emotional reactions.
- ✓ Start a default diary that starts with you first.
- ✓ Keep to it like your life depends upon it, because your sanity does!

“Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.”

Carl Sandburg

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



Roxy Lebsanft Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

Bare Hands
Practical life strategies for women