



Be a friend to have a friend...

Research* done at Arizona State University identified that unconditional acceptance, being comforted when needed, authentic relationships and friendship satisfaction are four key things mothers need to feel happy and grounded in their roles. Fostering genuine friendships will keep you smiling!

Put time for friends on your to-do list

Fly-in fly-out working arrangements, geographic isolation and fierce competition between women threaten the wellbeing of today's mothers. It's just as vital for adults to spend time with their friends as it is for children, so if it's been too long since you had a play date why not plan one this week?

Do you feel like you've lost touch with your fun loving side? Plan a day out and let the kids show you how to play. Are you time poor with too much to do? Plan an ironing bee and iron with a friend while you chat - it's innovative, supportive and productive! Of course it doesn't have to be ironing, it could be any other task that would be more fun with a friend.

Virtual hugs just aren't the same

If catching up on the 'goss' on Facebook leaves you feeling a little empty or even envious and disconnected from your own life, you're not alone. The nature of social media is to share life's highlights, which unfortunately makes it very one-dimensional and incomplete. The antidote is spending time face to face. It provides opportunities for much deeper connection and let's you fill up your hug tank too. Simple conversation, care for each other, shared laughter and real hugs are a timeless recipe for keeping your feet on the ground and a smile on your face.

Give and take...it's good for you

If you're feeling lonely, it's easy to think everyone else is doing fine and wonder, "What's wrong with me?" Open your heart and look around; you're almost guaranteed to find someone nearby who also needs a friend. What do you enjoy doing? Your not-yet-discovered friend likely enjoys something similar. Join a special interest group or take a class. Reach out to embrace someone new and reap the benefits.

*Who mothers mommy? www.sciencedaily.com/releases/w015/10/151029141130.htm

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.

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- ✓ Make time for friends and they'll make time for you
- ✓ Time spent fostering face-to-face connections is rewarding and it's proven to make you happier!
- ✓ Acceptance and the giving and receiving of comfort are the foundations of friendship. It's about GIVE and TAKE, so be sure to do both.

"Negative emotions like loneliness, envy and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change."

Gretchen Rubin

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women