



How to have the energy of a child...

Are you amazed and slightly envious of the boundless energy children seem to have? They're so vibrant, full of life and enthusiasm, it can be hard to keep up. Mothers are particularly at risk of adrenal exhaustion and running out of batteries because they're 'on' 24/7 at every level (physical, mental and emotional) and are hard-wired to care and take responsibility for their little charges. Add to that the juggle of multi-tasking, co-ordinating and all the other aspects of keeping things together and it's really demanding. So, you must remember this...

...You are the most important person in your child's life!

They are totally relying on you to take care of yourself because they can't do it for you. They want you to have the extra energy needed in the day to spare on quality time and having fun, which means *attending to your own needs first*. It will seem counter-intuitive and sometimes, down right impossible to prioritise time for yourself, but if you don't, the people you love and care for most will pay the price as well as you. Recharging your batteries can be as simple as arranging your day so that you have one hour that is just for you. Perhaps you like going to the gym, doing art, have a hobby that you love or just want time to read a book. The most important thing is that you feel more energetic and calm after the activity than before it. Then, arrange the support you need and schedule it into your diary with a determined commitment to follow through, no matter how demanding life may be around you.

The extra bonus gift

Once you start modelling a self-care routine and that time out for you is as important as everyone else, you'll teach the people you love that it's okay for them to listen to their needs and attend to them. It's how we learn responsibility, accountability and self-respect. It also says to others that you're worthy of respect and starts a positive cycle of healthy interpersonal relationships. Everyone wins! So start today by blocking some play time out, just for you. If you find your energy levels getting less than vital, then you may need to schedule more. Adding relaxation and fun into your week is a much cheaper solution than needing medical attention and will save your relationships too.

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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- ✓ Kids have lots of energy and you can too - it all depends on play time!
- ✓ You are the most important person in your child's life and they depend on you to take care of yourself.
- ✓ Start scheduling an hour a day for you!

"If I'm not good to myself how can I expect anyone else to be?"

Maya Angelou

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