Coping with Mom Overwhelm 9 Ways to Cope

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- Mom! (Nicholas / Nicky = 12 years)

What makes you feel the most overwhelmed as a mom?

Why are we so overwhelmed?

- Because it is relentless, doesn’t stop.
- It’s a job but you don’t get paid or recognised
- Because we feel responsible
- Information overwhelm
- Mom guilt

Where do you get support?

Support

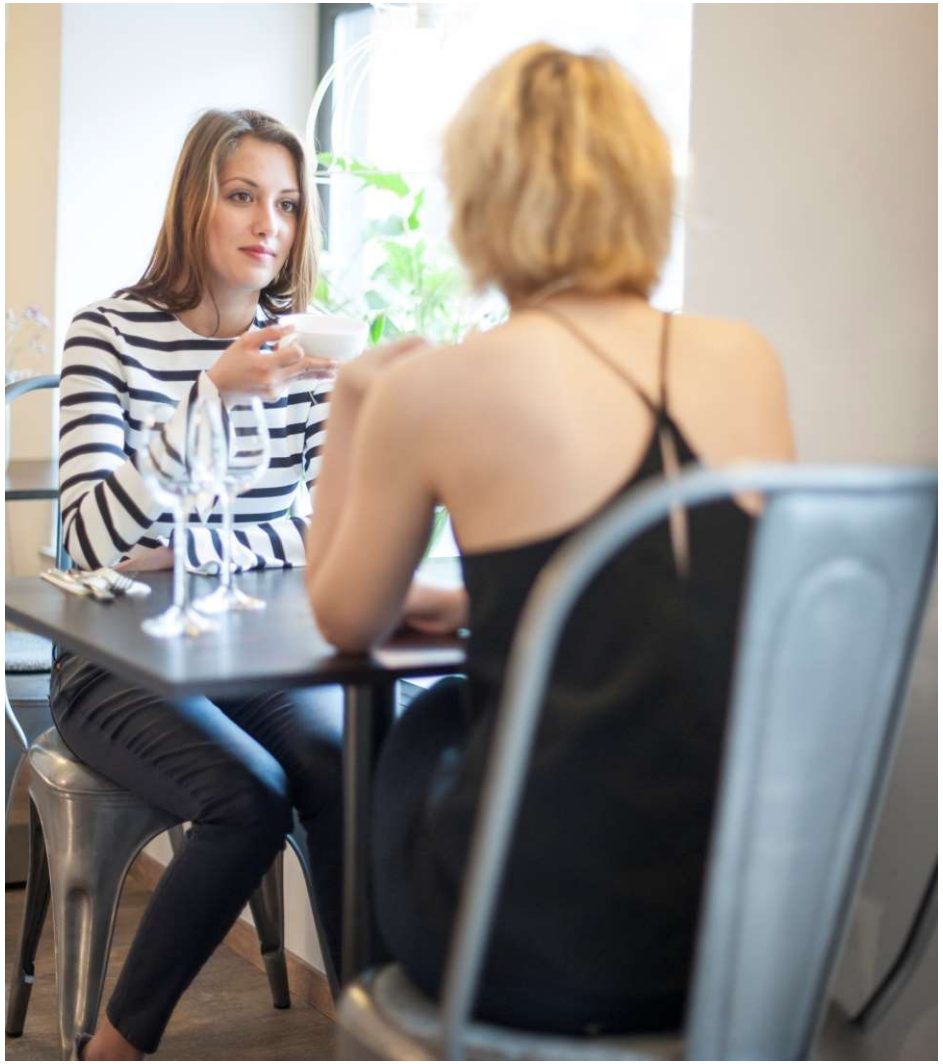
- Family
- Friends
- Moms groups

-activity (moms and babes)

-breastfeeding (la leache league)

-church

- Online – babygroup, blogs, Facebook*



What do you enjoy doing, that fills your cup?

Mommy's Me Time

- Something you enjoy, look forward to. Eg reading, watching a fave program, getting nails done, rusk and computer,
- Mommy's Me Time (Facebook group of SA mom blogger posts)
- Your cup must be full or else you won't have energy for the baby/ kids.

Do you like exercise?

What kind of exercise
do you enjoy the most?

Exercise

- Do what will work.
- Something that suits you and makes you happy.
- Exercise / getting out does make you feel better.
- Eg walking group, yoga.

What will work for you?

Acknowledging the kind of mom you are:

1) **The Organiser:** The baby must adapt to me. She likes routine and regulation. She doesn't mind someone else looking after the baby and is more likely to go back to a full time job. She wants to get back to her "pre-pregnant life" as soon as possible.

2) **The Hugger**: I adapt to the baby. She feeds on demand. She is happy to put her life on hold for at least three years and is least likely to work.

3) **The Fleximum**: I adapt to the situation. She is aware of the needs of the baby but also does not lose sight of her own needs.

How Not to F Them Up: Oliver James

http://onestepatatime.co.za/baby/book-review-how-not-to-f-them-up/

What kind of mom are you?

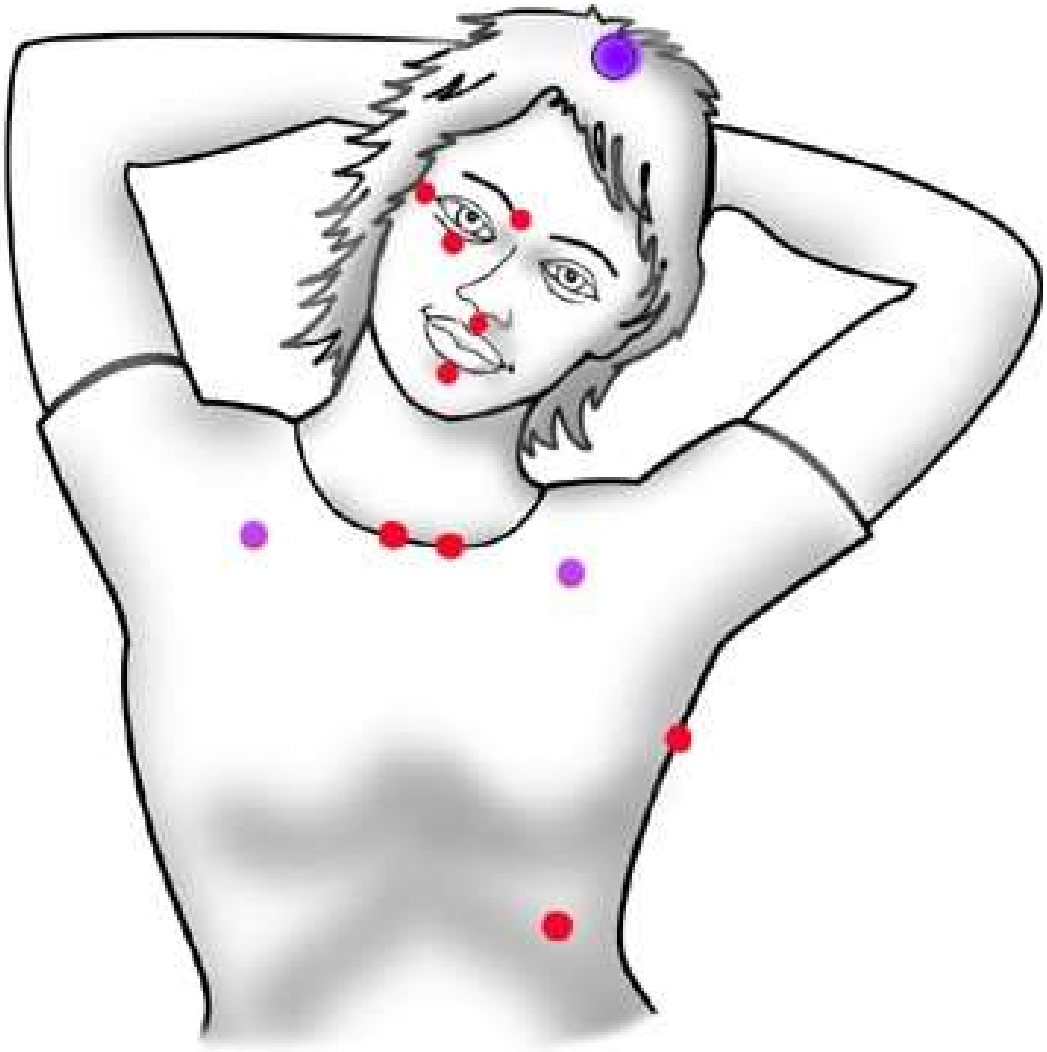
Quiet Time

- Spiritual
- Prayer (Help me to be a better mom, what are my triggers, how can I do it better tomorrow/ today)
- Breathing (7in/11out)(Box: 4in/4hold/4out)
- Journal (not just your feelings, also record of baby's feeds, bowl movements, to show doc / nurse) (see planner)
- Blog

Emotional Freedom Techniques

- Restart your energy circuit.
- Tap on all points, cover all bases.
- “Even though I feel like an awful mom and so overwhelmed, I deeply and completely love and accept myself”
- “Even though I’m overwhelmed, I’m choosing to try things one step at a time.”

http://onestepatatime.co.za/shopping-cart/



Food

- You can’t give (emotionally) when you are eating junk.
- And you need food for breastfeeding too.
- Make sure you have a balanced diet at least 5 days of the week.
- Make notes when you eat out of sync, what is triggering you.

Manage your thoughts (Ellis)

SITUATION
Baby is crying all afternoon and not responding to anything I'm doing.

PERCEPTION
I'm a bad mom, I can't get this right.

CONSEQUENCE
Feel depressed.

PERCEPTION
Today was just a learning experience, I'll try something different tomorrow. I know there will be good and bad times.

CONSEQUENCE
Feel determined, committed to keep trying.

Creating a hardy personality, to deal with stress: (Kobosa)

- Commitment. Long term goal: I am building this little human's trust, it matters.
- Obstacles are Challenges. Look for creative solutions. Try something new. Eg breastfeeding. Try different positions. Get help.
- Control. You can make a difference. Be positive and active. Even if it's one small thing.

Symptoms of Post Natal Depression

- You may have been depressed during pregnancy, or perhaps the following symptoms have crept up on you over the past few weeks, or even months after the birth:
  Constant negative thoughts and feelings.
- Anxiety about things that wouldn't normally bother you.
- Taking no pleasure from being with your baby, or feeling hostile towards him, your partner, or your other children.
- Extremely worried about your baby's health, even though he's fine, or thinking you are a hopeless mum, even if you're doing well.
- Fearful that you might harm your baby.
- Being obsessed with your own health, or your baby's, such as whether or not he is gaining weight, or is breathing properly.
- You may also feel:
  persistently sad or low
- no pleasure in the things you usually enjoy
- exhausted, and lacking in motivation
- guilty, perhaps about not coping, or not loving your baby enough
- lacking in confidence
- ready to blame yourself for everything
- not keen to see friends or family
- irritable and tearful
-

https://www.babycentre.co.uk/x3452/what-are-the-signs-of-postnatal-depression#ixzz4tZPfKuZH

In conclusion

You can do this!

You are enough!

Trust your instincts.

Trust yourself.

This too shall pass.

Visit me on the blog!

Samomblogs.co.za

@safricamomblogs (FB/Twitter)

@samomblogs (Instagram)

@heatherstep4 (Tiktok – cat)

Onestepatatime.co.za

(personal blog)

One Step at a Time

Motherhood after infertility

Get your mom power back!

https://www.simplestepsbloggingsummit.com/planforyourpower