

A woman with blonde hair, wearing a white tank top and black leggings, is kneeling on a gym floor. She is looking back over her shoulder towards the camera while adjusting the laces of her black and white sneaker. The background is a blurred gym setting with a window and a door.

3 Tips To Coping With Mum Overwhelm

By Adele Johnston

Hey fellow mama,

I'm so glad you've taken the time to download this, now don't just leave it sitting in your mailbox.

It's horrible feeling overwhelmed and I want to be able to help you – us mums stick together so let me share what I know with you.

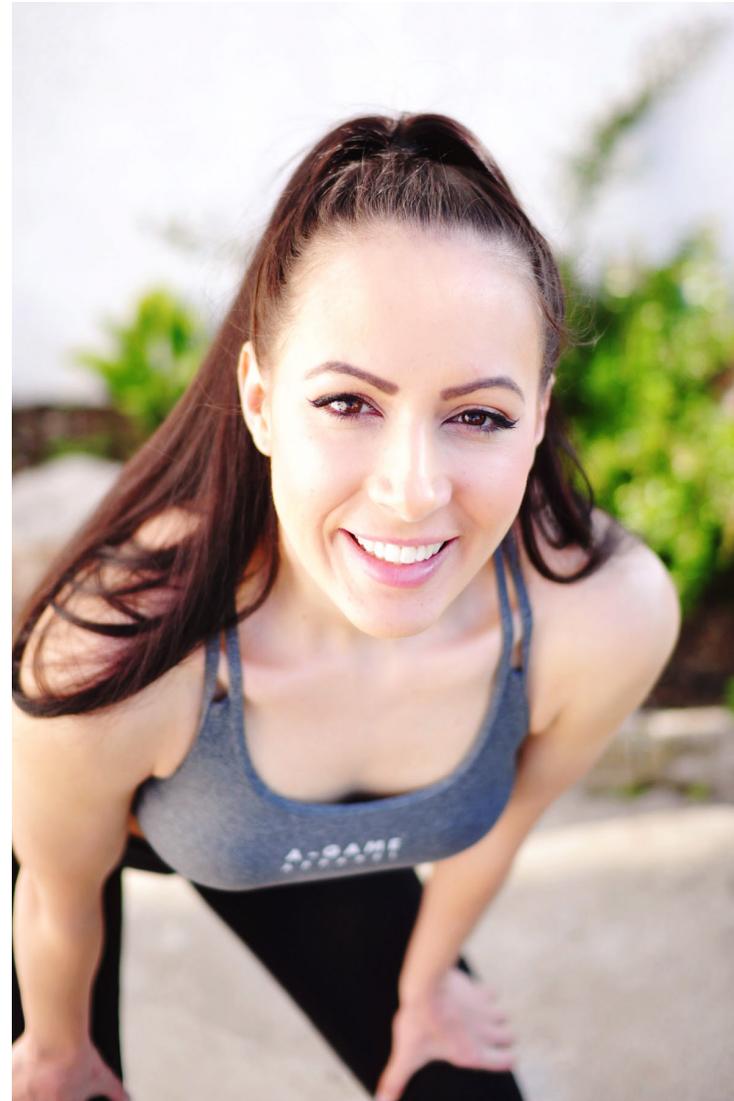
Use this as a guide that you can dip in and out of, read cover to cover or skim through when you feel you need it.

I've created this e-Book for you as a gift from the knowledge and experience I've gained as an evidence-based Nutrition and Lifestyle consultant, having worked with so many other mums just like you. Some have struggled with coping, felt so overwhelmed with mum life and some have been somewhere in the middle.

There's no handbook but you've an e-Book packed full of tips and guidance from my own experiences, I truly hope it helps.

With love and gratitude

Adele x



We are creatures of habit.

We like routine and do well by having some kind of guidelines and advice to follow – makes life that little bit easier (sometimes)

But....

We don't do well with 'rigid rules' – they mean restriction and instantly we want to rebel

Or is that just me?

Like the time your dad warned you not to climb the mountain of coal because "you'll fall" - ha, yeah right dad what do you know.

Now you're 37 with a chunk of coal still to this day embedded deep inside your knee cap and that isn't ever coming out.

When it comes to strict rules and rigid routines we inevitably climb the coal mountain at some point because rules are boring, and it feels liberating to do something we're told not to, right?

The same applies to mum life, heck life in general. We're not given a Mum Manual when we leave the maternity unit with a step by step How Do I guide on how we raise our kids.

We're not told what to expect or how to deal with certain things when they happen, we just have to do it our way and hope for the best.

But what if we feel our best just isn't enough – not good enough, not healthy enough, not patient enough, not losing the baby weight fast enough, not washing my hair often enough, not making homemade meals enough (but surviving on Jaffa Cakes most days – I know, I've been there myself).

Welcome to the starting blocks of OVERWHELM

Building pressures lead to a feeling of stress and anxiety which in turn play negatively with our ability to cope. That being said something that impacts one person may not even bother someone else unless they are dealing with – or juggling – so many other life events at the same time.

So how we manage stresses like this is not just simply a set of guidelines or rules that need to be followed to overcome, but rather understanding of the following:

1. How are you feeling right now?
2. What's your current environment like?
3. What coping mechanisms are you using?

It's not weakness to recognise and feel stress. In fact, the stress response is described brilliantly by psychologist Kimberley Wilson (whom I appreciate) as "an evolutionary mechanism that is mediated by the sympathetic nervous system (SNS) and developed to protect the body at times of short-lived risk".

In other words, stress is a normal response to situations that we just don't feel safe or in control of.

You'll be familiar with the Fight, Flight or Freeze saying – it's been this way since day 1 for us humans when we'd need to be so alert to predators in our cavewoman years. When we may need to defend our family or hunt for survival or run from danger.

It's in our being, it's who we are and there's absolutely nothing to feel ashamed or embarrassed about when you feel it.

Becoming a mum is one of the most rewarding yet draining times of your life.

Just me?

I know it's not....

So, let's take a look at how taking time for you can help you acknowledge the times you're feeling it's all getting too much before you hit that stage of overwhelm.

Mum Overwhelm: Coping Strategies and Habits

The strategies I'm about to share with you are tried and tested and evidence-based.

I use them currently with clients and the results speak for themselves in their testimonials and progress.

The contents of this e-Book come from personal experiences, research and learnings with a hope that they will support you at this time in your life.

All I ask is that you open your mind and allow yourself to truly connect with what I'm saying.

Here we go.....

3 Ways to cope with Overwhelm

1. Practice Daily Gratitude

Gratitude is all about being thankful and showing appreciation for what you have.

Now I fully appreciate (see what I've done there) that there may be times in your life, day, week and so on that you just can't see the wood from the trees and have nothing that you feel super grateful for.

The point in all of this is not to force the thanks.

Use the daily practice to start thinking about the people, things, experiences that you have had or have in your life that makes you happy, smile, emotional and thankful.

How do I practice daily gratitude?

Seems daft to say this but just do it.

Whether you say it out loud to yourself when you wake each morning, write it on the steaming shower door, in a journal, on your social media stories, it's really up to you.

Just do it.

Here's an example:

"Today I'm grateful for my family and their health" or "Today I'm grateful for coffee and a good book"

P.S. Don't worry about making this perfect, perfect does not exist!

This is your daily gratitude practice so do it any which way you so desire and know that there's no right nor wrong way to doing it.

Just do it.

The beauty with daily gratitude practice is the more you practice the more it just comes naturally, and your inner sense of thanks becomes something you appreciate more and more.

I personally practice it daily and load my journal onto my Instagram stories – head over to my account of you want to watch what I do for a few days and you'll soon see my thanks varies.

I go from things like being grateful for strong coffee, to people and thanking my husband for his patience with the kids over homework, to experiences I've had in the past such as walking barefoot in the sand and feeling free, peaceful and truly grounded.

This is your daily gratitude and will strengthen your inner self, trust me.

2. Practice Self Compassion

This one is all about speaking kindly to yourself.

Now hear me out, this isn't "oh my god she's crazy she's speaking to herself" kind of stuff, it's about being aware of your thoughts inside about yourself.

We've all been there standing in front of the mirror and noticing the world map that's now permanently etched on our tummy, bums, thighs, boobs – oh hey stretch marks you're here to stay forever aren't you.

You grab a hold and shoogle your tummy then proceed to pat your butt before letting out a long sigh and climbing into your bubble bath feeling pretty bloody deflated.

Yes ladies, we've all done it.

However....

Here's the bit we forget all too quickly, we grew life (some of us multiple lives at the same time – that's not a brag, I promise) and our body protected both us and our baby/babies.

It nourished us all, it enabled us to go on a 40 week (some less some more) journey to create life and then it done the most wonderful thing; it enabled us to muster so much strength and bravery and bring our baby/babies into the world – whether that be through planned or unplanned ways.

If you witnessed from a bird's eye view what your body did for you and your baby/babies during those 40 weeks, you'd be truly in awe of who you are and what you've done. You grew a life how cool is that.

So, we come to self-compassion and we freak the heck out – I mean this may be you right now:

“is she asking me and expecting me to say everything I love about myself because that's weird and so uncomfortable”

Yes, yes I am, I'm wanting you – and if you've read this far then you're ALL IN and I'm expecting you to.

It won't be easy, it may be uncomfortable, and you may need to really be present in the moment to do it with effect, but you'll do it with practice so one day at time.

In reality it's not so weird I promise so hear me out. Here's what it might look like for many of you right now....

- **Don't** talk down to yourself or beat yourself up over the fact you just can't be bothered doing some home workouts, or that you're moving a lot less than you'd previously done, but...
- **Do** be fully aware that you are a little less active and that this may not be helping your overall health, lethargy, boredom, stress or anxiety and certainly not with a feeling of overwhelm, so...

- **Try** to incorporate some time to yourself to take a walk, cycle, jog, run in the fresh air and pop a podcast or an audiobook on for the duration. Make this your YOU time.

And if you still decide not to get some movement in, be thankful for the fact you can if you want to but accept that your decision has been not to and move on – guilt and negative talk free.

3. Eat Food

Ok I had to get some kind of nutrition bit in there somewhere and here it is.

For those of you that have worked with me, are working with me or have followed my content for a while now you'll be fully aware that I am a foodie and lover of variety.

You'll have gotten to know that I'm a donut and pizza lover, have a fondness for 19 Crimes red wine, tequila and gin and equally nourish my body with plentiful helpings of fruits, veggies and healthful foods.

Why am I telling you this?

Well, because food is to be enjoyed not feared, savored not mindlessly shoveled in, a great source of comfort and pleasure, colorful and fun, squishy yet crunchy, eaten with your hands or with 20 different cutlery options at silver service posh nosh establishments.

My encouragement here is to eat for enjoyment – true enjoyment in its pure sense.

Here's what I'd like you to focus on if you decide to accept this habit/challenge/ strategy to help you at this time:

1. Be present when eating

Be truly there, sitting down and using your given senses of *sight* to see the colorful food on your plate, *smell* to enjoy the aromas coming through your nostrils, *sound* to hear the crackling or popping sounds when you *touch* it with your hands or fingers; and finally taste. How does it *taste* when you put that first forkful into your mouth?

2. Be mindful not mind full

The English language. It's amazing how we can take two of the same words and make them mean such different things.

Being mind full is probably best described as 'my head is going to explode I've so much swirling around in there right now'.

vs

Being mindful is all about taking point 1 and expanding slightly to be alert to what your body is telling you.

Hunger in its sense of wanting food to satisfy rather than boredom or masking a deep-rooted emotion.

Fullness when part way through a meal that you do not need to finish and can be saved for another meal, that amazing palatable first bite of a food vs the last – were they equally enjoyed, or did you find yourself eating the rest of the meal because it was there rather than because it was wanted?



A simple tick box tracker to keep you accountable.

Tick when you feel you've demonstrated each daily

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(1) Daily Gratitude							
(2) Self-Compassion							
(3) Eat Food							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(1) Daily Gratitude							
(2) Self-Compassion							
(3) Eat Food							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(1) Daily Gratitude							
(2) Self-Compassion							
(3) Eat Food							

Want to know more?

I go deeper and tailored to each of your needs with one-to-one coaching as part of my Nutrition and Lifestyle consulting.

Think of it less like being told what to do and how to do it – remember those rigid rules and ‘must dos’ - but more a partnership of working together to improve your overall health, your relationship with food, with your body and with lifestyle improvements as a foundation in all that we do.

I really pride myself in sharing knowledge and helping you to raise your bar in personal nutrition for your own and for your family's futures.

If you're interested in finding out more about how you can work with me then simply get in touch and we can have a chat.

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get results and increase
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without a restrictive diet
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I truly hope you have gained some usable tips.