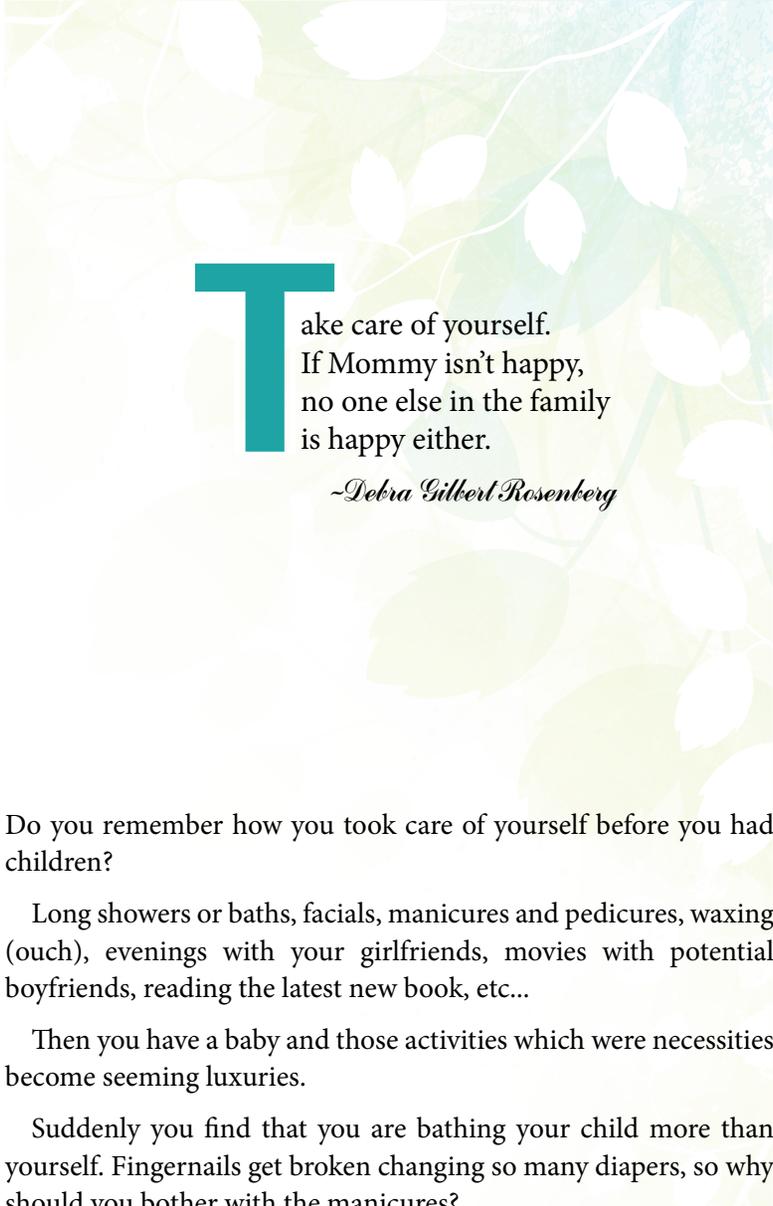


ana seidel



# 5 LifeSaving Tips for Busy Moms



**T**ake care of yourself.  
If Mommy isn't happy,  
no one else in the family  
is happy either.

*~Debra Gilbert Rosenberg*

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Do you remember how you took care of yourself before you had  
children?

Long showers or baths, facials, manicures and pedicures, waxing  
(ouch), evenings with your girlfriends, movies with potential  
boyfriends, reading the latest new book, etc...

Then you have a baby and those activities which were necessities  
become seeming luxuries.

Suddenly you find that you are bathing your child more than  
yourself. Fingernails get broken changing so many diapers, so why  
should you bother with the manicures?

You've lost your pre-pregnancy body so why bother with the pain of waxing? Most of your girlfriends don't want to be around a crying baby and get frustrated that you can't seem to give them your full attention any more.

You have a husband now and it's darn near impossible to keep a baby quiet for an entire movie. And older children constantly have to go to the bathroom. You miss so many big chunks of movies that a home theater system becomes very appealing.

And who has time to read? You might get back to that when your children are in college. Right?

Wrong. This is the most common mistake most mothers make. Myself included. Suddenly your needs are at the bottom of the list.

When you have given your energy to everyone else, there is nothing left for you. Your cup has become empty. Children don't care that your cup is empty. They love you and want more and more of you. If you give it, they'll take it.

When your cup is empty, you have no patience and start yelling a lot, possibly even spanking. You start to feel like your children's sole purpose in life is trying to make you angry. You don't laugh anymore.

Not until your children are almost grown, will they stop and say, "No, Mom. You've done so much for me. You need to take today for yourself."

The only person who can put you back at the top of your list is YOU! Most moms initially feel that they are being selfish. That's ok, you'll get over that belief as soon as you start to feel better.

When you begin to take care of yourself again and do the things you love, you start to fill your cup back up. Now you have the energy to give to your children. You have more patience and begin to enjoy your children again.

Let's take a look at the top five lifesaving tips that have saved me and can save you too.

### 1. Water

Did you know that drinking water will help you be more patient? It makes feel better and have more energy to be with your kids. Dehydration symptoms generally become noticeable with as little as a 2% loss of your normal water volume. Some [symptoms](#) of mild dehydration are *thirst, headaches, dizziness, fainting, loss of appetite, dry skin, irritability, and insomnia*. Experiments by the USDA's Agricultural Research Service has shown that dehydration is associated with *confusion, fatigue, and negative moods*. Have you experienced any of these? They can be solved simply by drinking 3 liters of water daily.

When I passed my first kidney stone, my urologist told me I should be urinating a minimum of two liters per day. Knowing that you need to take in more water than what actually comes out, my first step was to drink 2 liters of water and then build up to 3 or 4 liters.

Out of all the water bottles on the market, I chose the *intak*<sup>™</sup> water bottle for several reasons. It would be easy to clean, I could see how much water was left and it was BPA free. But the most important reason was that it has a dial which lets you keep track of how many times you've filled it.

What I learned from this bottle is that I consumed about 3 cups of water daily—I had been dehydrated for 10 years! It's no wonder my kidneys weren't happy.

My children are not allowed to drink from my water bottles



because I need to keep track of my total intake. By watching me keep track of my water consumption, my children have learned how important it is to drink enough water.

After several months of being properly hydrated, I have noticed a direct and immediate correlation between my mood and how much water I've drunk. If I haven't had any water by 12 pm, I start to feel cranky and my patience grows very thin. Does this happen to you?

## 2. Exercise

"We now have evidence to support the claim that exercise is related to positive mental health as indicated by *relief in symptoms of depression and anxiety*," says Dr. Daniel M. Landers from Arizona State University, in his white paper; [The Influence of Exercise on Mental Health](#). He also adds that *exercise increases positive moods, self-esteem, and restful sleep*.

When I was diagnosed with PreMenstrual Dysphoric Disorder (read - severe PMS, raging witch who cried a lot), my doctor prescribed exercise three days a week. She said that not exercising was not an option for me.



When I exercise regularly, I see a huge improvement in my patience. My children even remind me to go to the gym. They like me better when I exercise. Heck, I like me better when I exercise.

So don't look at exercise as hours you're taking away from your children, but rather, you're giving them so many more pleasant and delightful hours when you're together.

Choose exercise that fits into your lifestyle. Whether it's joining a gym, using an exercise DVD, jumping on a mini tramp, or just walking for 20 minutes.

Recently, I was introduced to [Oxycise](#) by my [podcasting](#) partner, Kirsten Nelson and I love it! It's different than any exercise I've done before and it helped [Kirsten lose 25 pounds](#) over 6 months. It uses a simple breathing technique and isometric muscle exercises. In 15 minutes, I feel the same "good muscle soreness" that I get at the gym after 1 hour of lifting weights and doing cardio. Do something active every day and your kids will love you more for it.

## 3. Plan Extra Time

According to an [article](#) by the Mayo Clinic, "If your mind and body are constantly on edge because of excessive stress in your life, you may face serious health problems. That's because your body's 'fight-or-flight reaction'—its natural alarm system—is constantly on." Rushing around *raises stress hormones*, like cortisol, in the body and can lead to *heart disease, sleep or digestive problems, depression, weight gain and memory impairment*. If your kids are rushing around going to more events than they need each week, they may be jeopardizing their health as well.



Trying to get four children out the door is about as successful as herding cats. Everyone has their own agenda and pace, which usually doesn't line up with my agenda. Every time I get frustrated with my children when trying to leave, it's because I miscalculated and didn't allow enough time.

If you have small children, calculate the time you think you need to leave and triple it! Yep, triple it. So if you think you need 15 minutes to get out the door, you actually need 45!

When you give yourself triple the amount of time, your feathers won't be ruffled when a scenario like this plays out—they can't find his/her socks—you search all over the house, find a semi-clean pair under the bed and you try to speed things up by helping with shoes and socks. He screams, "No! I'm big now! I can do it!" You wait patiently for him to finish and then find out that he never put on underwear. You have to start all over.

If you have older children, calculate the time you think you need to leave and double it! My husband has found it extremely effective to give warnings in 5 minute increments until departure time, "15 minutes until we leave! ... 10 minutes! ... 5 minutes!"

## 4. Personal Hygiene



When I had children, I was lucky if I had time for a shower once a week. Go back to your routine that you had before the days of children.

- Shower daily
- Put makeup on, even if you're only going to the library
- Get your hair cut and highlighted
- Get a mani/pedi

**The only time  
the world beats  
a path to your door is  
if you're in the bathroom.**

## 5. Nourishment

"We use food to affect our moods all the time without even thinking about it. But more importantly, our daily nutritional intake can have huge impacts on how we feel, and most of it is due to a little chemical called serotonin." says Christie Wilcox in her in-depth article, [Understanding our Bodies: Serotonin, the Connection Between Food and Mood](#). Research has shown that when serotonin levels are low, we're more depressed, and when they're high, we're happier.

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



I don't do well if I start my day only with carbohydrates; cereal, pancakes, waffles, etc. Within a few hours, I'm hungry, cranky and my blood sugar level is in the basement. Eating a well balanced diet on a consistent schedule can regulate your blood sugar and serotonin level.

Dr. Oz wrote in his book, *YOU The Owners Manual*, adding one tablespoon of a healthy fat to each meal will slow your digestion an additional three hours. You'll eat less and feel more satisfied. An even blood sugar level means an even patience level.

*Make sure that breakfast is your largest meal and well balanced.*

### Bonus Tip:

## 6. Follow Your Passion

Does parenting fill your cup? Or does it drain your cup as dry as the desert? What did you give up after having children? Scrapbooking, writing, jewelry making, sewing, quilting, painting your nails, knitting, showing horses, dancing, singing, gardening, art, or skydiving? When I gave up everything I loved to care for my children, I began to slowly die inside.

Make it one of your top priorities to put yourself first and pick up one of the activities you dropped. You can find the time and your family will support you.

Remember—you are your most important asset and your energy needs to be recharged. To use the popular airline safety tip—put



your air mask on first before you help anyone else.

Make YOU your very first priority and then you will have the energy to be the amazing mom you want to be.

## Fill Your Cup Ideas

Here are some more quick and easy ideas to help you get started filling your own cup on a regular basis. Remember, it doesn't have to be extravagant.



*Simplicity can be more fulfilling than all the \*bling \*in the world!*

## FREE Ideas!

- ASK FOR HELP! From your family or friends
- Paint your fingernails or toenails with nailpolish or nail art.
- Take 5 (or 10 or 20) DEEP breaths
- Do some Yoga
- Go for a walk...by yourself
- Go hang out at your local bookstore.
- Go window shopping (leave the checkbook and credit cards at home)
- Trade babysitting with a friend for some time to just be alone
- Take a long, hot bubble bath
- Call up your girlfriends and schedule a girls' night out
- Get groceries all by yourself
- Lock yourself in your room for 5 minutes for a timeout



## ™Investment In You Ideas

- Get a pedicure
- Get a facial
- Clean out your closet and then treat yourself to a new outfit
- Get some cute new underwear and matching bra
- Buy a new pair of earrings
- Paint your living room that color you've been too chicken to try out. If you don't like it, it's simple to change
- Join a gym
- Buy yourself some flowers
- Pick up that new CD with the song you can't get out of your head
- Go get an ice-cream cone (and don't share it!)
- Go to a full-service carwash and have someone else scrape out the Goldfish, Cheerios, and mysterious stickies from your car.



## My Success Checklist

- ✓ **Water**  
3 Quarts/Liters Daily
- ✓ **Exercise**  
15 Minutes Daily
- ✓ **Plan Extra Time**  
Your Estimation Times Three
- ✓ **Nutrition**  
Start The Day With a Healthy Breakfast
- ✓ **Follow Your Passion**  
Pick Up One of The Hobbies You've Neglected.

### What's Next?

I hope you've enjoyed your free copy of *5 Lifesaving Tips For Busy Moms!*

If you have friends who might find this information helpful, please feel free to email it to them. *Girlfriends have to stick together, right? They're your lifeline, your support system.*

Visit [AnaSeidel.com](http://AnaSeidel.com) often for other *tips, tools and practical solutions* to help make your job of being a mom, a little less *stressful!*

Being a positive parent in the 21st Century is tough. It's a *different philosophy* than our parents used. We're breaking the mold and *creating our own path.*

You are the CEO of your family. When a business needs to be more successful, they bring in a *specialist*. If you need me, I'm here. I offer [books](#), a revolutionary [parenting method; Easy As Pie](#), [individual & group coaching](#), [podcasts](#) and [workshops](#) to help you get where you want to be.

Taking *care of yourself* is your first priority. This gives you the energy to create a *strong, happy family*. With the help of your support system, *you can do it!*

A handwritten signature in black ink that reads "Ana Seidel". The signature is written in a cursive, flowing style. The background behind the signature is a light green and white pattern of stylized leaves and branches.

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