

Tips on How to Maintain or Regain Your Sanity

by Tina Shaw

- Go for a walk, it's the easiest way to lose weight and helps to clear your head.
- Be flexible. Before parenthood you had daily goals that were achieved, now try to have weekly goals and don't stress if you don't get there. There's always tomorrow.
- Stretch out your muscles. It relieves tension and gets your blood flowing.
- Try to be positive and pat yourself on the back when you succeed. You will be happier for it.
- Establish a pre-sleep routine to wind down from your day. Remove your make-up, have a herbal tea, listen to some relaxing music, enjoy the children being asleep and concentrate on you.
- Accept offers of help (you are only human).

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About The Author

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