

Stress Tips for Working Moms

The following checklist is designed to help you determine where your stress is & offer you tips to combat it. It is designed with the Working Mom in mind. Use the boxes to the left of the items to check off tasks as you complete them.

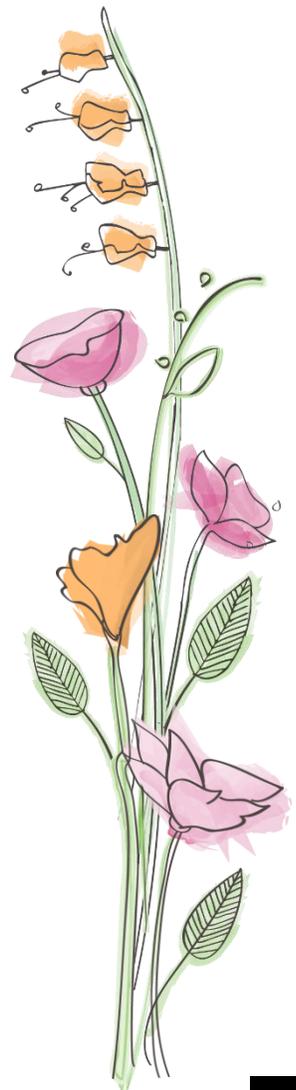
Step 1: Assess your stress

CHECK ALL THAT APPLY.

- Frustrated
- Overwhelmed
- Gaining unwanted weight
- More arguments with loved ones
- Not able to sleep at night
- Not able to focus on one thing at a time
- Lack of joy or pleasure in things you used to enjoy
- Feeling guilty due to being a working mom
- Struggling to balance your many roles {mom, wife, taxi, cleaner, and organizer}
- Poor eating habits
- Feeling isolated or lack of friendship with other working moms
- Having trouble remembering the person you were before being a mom

Step 2: Combat your stress:

- Start on a positive note.** Begin your day reflecting on what you are grateful for.
- Get Moving.** Include physical activity in your day to boost your mood & energy levels.
- Schedule “Me Time”.** Set up reoccurring appointments specifically for you such as hair appointments, manicure, pedicures, or even time at the gun range!
- “Sticky Reminders”.** Utilize colorful sticky notes as little reminders to stay positive. Put your favorite voice of encouragement to keep you positive.
- Affirmations.** Include positive affirmations when you wake up and go to sleep at night.
- Journaling.** Get your thoughts & feelings out of your head and on to paper!



- ❑ **Schedule your life.** Utilize your cellphone’s calendar to schedule important things such as working out, date night, and the kids’ activities.
- ❑ **“Brain Dumps”.** Every night, write down everything that you are thinking about to avoid having trouble getting to sleep at night.
- ❑ **Crockpot Cooking.** Set your crockpot in the morning on low & have a wonderful smelling house when you return home plus a home cooked meal for the family!
- ❑ **Cleaning Schedule.** Write down what you’re going to clean & when to take the guess work out of cleaning.
- ❑ **Monthly Meal Plans.** Print a blank schedule & plan you meals for the month. Bonus tips: Think about Chicken Mondays & Beef Tuesdays for even more ease.
- ❑ **Bulk Cooking.** When you can, make enough for 2-3 meals and freeze the extra. When needed, just thaw it out!
- ❑ **Seek Support.** Connect with other Working moms in meetup groups or social media groups for support.

I’D LOVE TO HELP YOU

As a mom, we tend to feel guilty because of our feelings! It’s important to understand that the balance of being a mom with other responsibilities is not always going to be a “walk in the park”. Some days are more challenging than others but nonetheless, rewarding!

I work with moms, just like you, who are feeling frustrated, overwhelmed and stressed due to the demanding responsibilities of a mom in today’s world. I’ve seen moms progress from a state of overwhelm and unhappiness to feeling fulfilled, an increase in confidence & rediscovering their true selves in addition to their many roles!

Let’s Talk!

I love to talk to Moms who are ready to change their situation & start living their desired life! Take advantage of my FREE Clarity Call to let’s get you on the right path!

Peace & Blessings,

Latoya

About Latoya:

Latoya is a Professional Counselor, Stress Expert, & Life Strategist to Amazing Moms. She is a wife, mother of twins and business owner passionate about empowering Moms to enjoy motherhood while maintaining an awareness of who they truly are! When she’s not holding local workshops in the Raleigh area or working individually with Moms, you can find her enjoying family time or at the beach!

