

## NEW MOM STRESS BUSTERS

If you are feeling stressed and overwhelmed from all your responsibilities as a new mother, try a couple stress busting techniques so you can feel better. Lowering your stress levels can help you feel more alert and energized while taking care of your baby.

**1. LET IT GO** - Realize that you don't have to do everything. Don't be afraid to ask for help and know how to recognize when you need a break. Don't be afraid to leave some tasks for later and take a much-needed break. It's ok to ask someone to help watch the baby for an hour so you can do something that makes you feel better.

**2. DEEP BREATHING OR MEDITATION.**

- Take 5 minutes to yourself, set up a quiet uninterrupted space for yourself where you are comfortable.
- Focus on your breathing
- Try different meditating positions and choose the best one for yourself
- Choose one object to focus on. Many people turn on a candle and focus on the flicker of the light. You can download meditation apps ([healthline.com/health-slideshow/top-meditation-iphone-android-apps#16](http://healthline.com/health-slideshow/top-meditation-iphone-android-apps#16)) on your smartphone or watch meditation video ([youtube.com/watch?v=xoYnqvadurg](http://youtube.com/watch?v=xoYnqvadurg)).

**3. YOGA.** You don't need any new equipment to do yoga. Just put on some comfy clothes and make a small space on the floor so you can have space to stretch completely. Check this out to see how to begin. You can also download apps ([healthline.com/health-slideshow/top-meditation-iphone-android-apps#16](http://healthline.com/health-slideshow/top-meditation-iphone-android-apps#16)) or watch this video ([youtube.com/watch?v=xoYnqvadurg](http://youtube.com/watch?v=xoYnqvadurg)) to learn how to begin doing yoga to reduce your stress.

### TIPS

- Lowering your stress levels can help you feel more alert and energized.
- Deep breathing, meditation and yoga can help you relax.
- Keep healthy by drinking water, eating nutritious meals, and exercising.

**4. SHOWER.** Put your baby in a swing by the bathroom door or shower while they are napping. Showering will help you feel refreshed, energized, and it can help reduce stress.

**5. SUPPORT GROUP.** Find a group near you. This is a great way to meet other moms with babies close in age with yours. They can relate to what you are feeling. Exchange advice on your stress busting techniques.

**6. EXERCISE.** Something as simple as a walk around the block or walking in place for 5 minutes can help clear your mind, give you energy, and reduce your stress level.

**7. LAUGH A LITTLE.** Laughing can help reduce your stress, watch something funny on TV or call a friend who you know always makes you laugh.

**8. TALK ABOUT IT.** Just telling someone that you are feeling stressed can make you feel better. Call someone you trust and tell them how you feel.

**9. KEEP YOURSELF HEALTHY.** Drink water, eat nutritious meals, and exercise. Living a healthy lifestyle can help reduce your stress and allow you to feel good.

**10. PAMPER YOURSELF.** Take some time to polish your nails, do your hair, or give yourself an at-home facial. This will help you feel more confident and energized