



**5 Ways  
to NOT  
Lose Yourself**

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**in motherhood...**

# ***Keep a Hobby***

**If there was a hobby that you were actively doing prior to motherhood, continue doing it.**

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**This can be accomplished by carving out a few minutes each day to devote to your hobby (ex. 15 minutes during baby(ies) sleep time; while nursing or bottle feeding; etc.).**




## ***Connect with close friends via Zoom***

**This pandemic has caused a lot of us to feel isolated and alone since our social interactions are limited.**

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**Have a ‘Girls Night In’ via Zoom with close friends. Couples can also do a ‘Couples Night In’. Play games, sip your favorite beverage and enjoy some adult time.**



*Be open and honest with your partner and/or trusted family and friends about needing support*

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**Asking for support does not make you a bad mother. It shows that you are wanting to take care of yourself as well as your baby. Be specific about the support you need (ex. watch baby while you rest; cooking dinner for a couple of days; have a listening ear; etc.)**



## *Work on personal goals*

**Create small, realistic goals that you will be able to work on while taking care of your baby(ies). Just as with your hobby, schedule time throughout your day to actively work on your goals.**

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# *Insist on having 'mommy time'*

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**Each day, schedule a block of time for 'Mommy Time'. This can be taking a longer shower, staying up a little longer after putting baby(ies) to sleep at night, getting up a little earlier in the morning before baby(ies) wake up or having someone tend to the baby(ies) during the day while you have 'Mommy Time'.**

