



Video Transcript

Learn Self Care As A Busy Mom

Hello, Mama. How are you? I'm really honored by the opportunity to just sit and speak with you. One of the crowns I wear is Traynor, and I do a lot of that on camera. Another crown I've done as actor, they get to do that on camera. I don't always get to just sit and be and hold space with moms and just talk. So I invite you to put on something cozy, grab something to write with and something to write on, and just take a deep breath.

There are days that run smoothly and there are days that don't.

I had one of those days yesterday where I was like, of course I'm going to be able to get things done and have my children in my own. Nope. I believe maybe I got off one email that was somewhat career. So yes, there are those days.

I did a call recently and someone felt inspired and would be this beautiful planner meets journal. As moms, we have a lot.

but it's safe to say that most moms have many windows open and many tabs open at any given moment in their day, in their week, in their lives. So I believe it is important that we give ourselves moments to shut down all of those windows, not to restart, but to just shut down, even the act of like closing every window on your computer and closing and turning it off. It's a practice that I encourage you to do because guess what? It's not going to get done. It will all get done because once you do one load of laundry, there's another load that needs to get done. Once you make breakfast, you have to make lunch. What you make what? You have to make dinner. You fall out. So I believe sometimes we, some of us, many of my friends have this thing where they're hyper-organized as if

we're going to achieve or control the chaos. And it's just going to keep coming. So for me, it's how do I manage how life just like kind of keeps fiery, hosing me. Some days it's a fire hose. Some days it's a sprinkler. But the point is it doesn't stop. Mommy is always mommy. She never gets a full break. However, number one, you were not born here as someone's mother. You were born as you. And so it is so important I'm getting like a full body response as I say that that Rachel is Rachel, that Vanessa is Vanessa, right? The Sarah is Sarah, that Maria is Maria. We have to be ourselves first as the queen on the throne with all of her pieces. So the first practice I ask a request of you or share with you is to come and have a seat on your throne, to see all.

Maybe it's organizing my closet, listening to music, dancing in my bedroom, or doing nothing. And it took many years for me to learn that doing nothing is not wrong. It's not lazy. It's not selfish. It's care. I also believe in self-care. My self-care exists with my eyebrows, my lashes, said, my nails and the toes. It also means going to therapy, going to acupuncture, making sure I did my pelvic floor therapy, all of the things that I need to do to feel whole and healthy, eating well, enjoying beverages, going on vacation by myself or with other people. So what is it that fills your cup? So I want you to just open your journal and write down fill my... My, write down to five things that fill your cup.

I have a lot of things.

Okay, so that's what. Now, when you get stressed,

what do you do? How does your body physically respond to stress?

I think it's safe to say most of us probably tighten, right? So When you feel that physical reaction to stress, which is tension, make a conscious choice to soften.

I like to think I'm a doula as well, and I explain contractions, your mom, you've had those, and enduring a contraction like a wave.

If a huge wave comes and you stiffen your body, it will smack you and take you out. But if you see the wave coming, you acknowledge that it's a big wave, that it's bigger than you, that you cannot take it on and you soften into it. It will take you want a ride, absolutely, but it's going to bring me back to shore.

So what I like to do is acknowledge those insurmountable moments where I am out of control and say, I see you and soften into it.

I often like to tell women, you know, you have an ego. And women go, what? In society, we offer like male and the male ego and toxic masculinity.

But women like to be in control. We have our plan. We have our schedule. We have our apps. We have our calendars. We have our calendar invites. Right.

Control is absolutely the ego running to be in control,

right? And if you've lived enough life, you quickly learn that you cannot control what life presents. What you can control is your response, your reaction. You cannot control your friends, your mate, your children, your employer, the weather, nothing, but how you respond to what life presents.

So,

I know that's a hard pill to swallow. It's like, horse film, But it's true.

So once you release control, the desire to control, life is so much more enjoyable.

Motherhood is so much more enjoyable. Think about work. You might get 100 emails in a day and you have a sick kid at home. You're not going to be able to get through it.

The sun's going to set. The the sun's going to rise, and everybody's going to survive. Now, that's not how you wanted your day to go. But what do you do in that situation? Extend grace to yourself and be honest. So a practice that I engage in because I do wear many crowns and light can seem and surroundable and there are not enough hours in a day to check every to do off a list, I say,

I need more time. Deadlines are not real, right? They're just markers.

And I find that if you lead with honesty,

right, most of the time, people are grateful for that, and they are also in need

of grace at times. So if you open the door to extend grace, it will usually be

reciprocated. Those moments that seem insurmountable and then super stressful,

then turn into anxiety, what I do,

that has been really successful as of late and something that I've had to implement a lot lately,

is thought replacement. You may have heard of visualizing perhaps a stop sign,

sure, as soon as all the what -ifs start to tumble in, the shoulds,

the doubt, all of those types of thoughts. Literally pump your brakes in your brain

and start to remind yourself and list one by one what is real.

Thoughts. What if scenarios about the future are not real.

What is real is I am sitting on a green couch. I'm breathing.

I'm okay. My kids are good. I had lunch today. I'm juggling today.

I worked out today. right what what do you have that is tangible right now and

ideally the things that are good quickly you'll see that like high frequency stressed energy start to just come down and the grounded positive clear energy come through.

I am not saying you will never have anxiety. I find that,

you know, as a yoga, as a yogi and a teacher and all of these things,

and really just as a person of the world, I was afraid of yoga and meditation

because I thought it meant I'm not supposed to think or move while I meditate.

And what I realized is yoga and meditation are just tangible practices to help you

empty the mental chatter, to help you calm your mind, to help you release physical

tension and mental mess, anxiety, stress, doubt,

fear, pain, heart trauma, right? Heartbreak. All of those things that were like, no,

thanks. I don't really want to play in that space. When you move your body, when

you breathe, when you are still,
you're able to clear that out. So know that all that I'm saying doesn't mean you're
going to have a perfect day every day. Because just like a crayon box that we
teach our children all the colors, there are many colors. And to be alive,
to live a full life, right, is to have four seasons, is to have all not just 10
colors, maybe 36.

But is it what are you doing and how are you responding when you have a great day
or a yellow day? And practices like yoga tell us and teach us non -attachment,
non -expectation. I promise you those two things blew my mind and changed my life.
To marry my faith with the ability to not attach,
to not have expectations, and to know that the only person that I'm in control of
is me.

It has allowed me to achieve acceptance, which often friends and family are like,
but this thing shouldn't end up it.

It is what it is. Doesn't mean I feel about it, don't we? But it is what it is.

Right?

Another beautiful tool which stress arises is a box breath. So write down box
breath. And then I want you to actually draw a square.

Okay.

I want you to draw and write one, two, three, four,
inhale,

and then draw an arrow down,

three two one exhale okay and then arrow across one two three four inhale

and back up four three two one exhale

Right? Next time you're stressed or anxious, literally,
draw it, see it, do it. Ideally, with your mouth closed,
and howl through the nose, exhale the nose. All right.

A beautiful gift and practice that I learned from Bobby Brown, the successful makeup
artist, is at the end of the night, she writes herself a letter, right, of
everything she's done and accomplished for her day. And then she literally seals it
in an envelope and puts it in her night steam. It's a ritual to say, I've done
what I can do for today. And now I'm done.

A clearing of the mind so she can truly rest.

As a mom, I made the decision not to stay up and try to get it all done because
so the next day I'm exhausted and the next day sucks even more, right? Go to
sleep, write that down. Rest. Getting rest is not lazy and it's not selfish.

You literally kind of pour into anyone else's cup until yours is full.

Okay, come back to your list. time right make a circle to signify a clock divide
that up right so after we meet i want you to put in work play rest pleasure food
fun right fill it up what is there any space to and receive the things you want
to receive.

There has to be a practice of, right? One thing out, one thing in. As women and
as mothers, we just keep adding, adding, adding, adding, adding.

Delegate, Queens delegate.

Okay. I know you're like, hell, I can't. What would happen if you went to bread and their dishes in the sink?

They'd be there in the morning, right?

It's one of those things like, should I leave dishes in the sink and go enjoy some pleasure? Or do the dishes and have no energy for pleasure.

Have you thought about it like that? Give it a try tonight.

You have found this wonderful platform, Guy who got it, that is full of so many immense resources and tools. But the real work for you to thrive is to do the in-term work. Self-care absolutely on days needs to be from the outside in but the best self-care is from the inside out until you really commit to healing to clearing to loving every piece of your inside you will never love a piece of what you see on the outside but

that's said

Release the things in your life that don't serve you. Even if you know what I'm saying, and that thing you need to release, is really scary. How can I do that?

No, I can't do that. What will people think? What are my kids think? What do you want?

What will make you happy?

When's the last time you had fine?

I know, right? When you become a mob, people are like, you need stuff, care, you

need to spy, you need to rest. But we also need to play. Play with your kids,

I think guess what? Going to the beach, put a bikini out and go play without them.

They will be fine. Everybody will actually it right um and one thing that i thought was normal i remember in college talking about going to the movies and ran out by myself a lot with my mom and she shared me i've never been to the movies by myself

i probably i think i like looked at her like she had like 18 heads i was like 18 years old And it was just a foreign concept to me.

But this is a new thing, moms having meet time, moms having girls' trips.

Be careful

what you let in,

what commentary you let in, right? They say you are what you eat. So surround yourself with people who see you, who support you on really pooppy,

brown-raig days,

who celebrate you on magnificent golden, yellow, orange,

red, happy days,

and are just by your side when you need them on those neutral days.

Those are the people that deserve your space, your time, and your energy. So with that,

your homework is, what can I do to fill my cup? Practice that breath and that thought or place to it when you need it. And really do some work about dividing your pie of time, making sure that you have space for you and empty space to

receive those things that you desire for yourself. And at the end of the night,
close it, set aside, honor yourself for all that you did accomplish and rest.

Take a moment, just close your eyes,

Make a commitment to yourself.

I deserve to pour into Lisa before I pour into anyone else.

I am a wonderful mother and a beautiful birthday. Allow yourself to come back into
this space, keep showing up for you, and I hope to share more space and time with
you on this app and other places in this beautiful universe. Again, I am Richelaw,
sending someone.