

# Too Blessed To Be Stressed For Moms

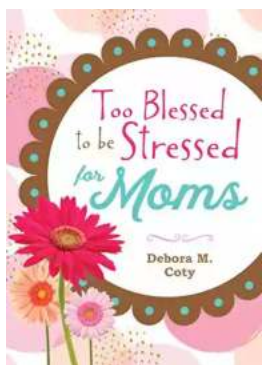


Being a mom can be one of the most rewarding experiences in a woman's life. However, it can also be incredibly stressful. Juggling work, household chores, and taking care of the kids can leave many moms feeling overwhelmed and exhausted. But there is a solution – Too Blessed To Be Stressed! In this article, we will explore various strategies and tips that can help moms reclaim their peace of mind and find joy in their everyday lives.

## **The Importance of Self-Care**

One common reason why moms get stressed is because they often neglect their own self-care. It's essential for moms to take time for themselves and prioritize

their physical and mental well-being. Whether it's going for a walk, practicing yoga, or indulging in a bubble bath, finding time for self-care can greatly reduce stress levels and improve overall happiness.



## (Too Blessed to be Stressed for Moms

by Debora M. Coty(Kindle Edition)

★★★★☆ 4.9 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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Lending : Enabled



## Managing Time Effectively

Another major source of stress for moms is managing time. Juggling between work, kids' activities, and household responsibilities can often feel overwhelming. However, by implementing effective time management techniques, moms can create a balance and reduce stress. From creating schedules to prioritizing tasks, there are various strategies that can help moms make the most of their time and stay organized.

## Seeking Support

Moms need support, both emotionally and practically. It's important for moms to reach out to their partner, family, or friends for help when needed. Building a strong support system can provide moms with the much-needed relief and

guidance, making it easier for them to handle daily challenges and reduce stress levels in the long run.

## **Embracing Imperfections**

Moms often feel the pressure to be perfect in every aspect of their lives, from parenting to maintaining a spotless house. However, it's crucial to embrace imperfections and let go of the unrealistic expectations. Understanding that it's okay to make mistakes and that self-care comes before perfection will significantly reduce stress levels and allow moms to enjoy the journey of motherhood.

## **Practicing Mindfulness**

Mindfulness is a powerful practice that can help moms stay present and fully enjoy the precious moments of motherhood. By practicing mindfulness, moms can reduce anxiety, improve focus, and increase their overall sense of well-being. Techniques such as deep breathing exercises, meditation, and gratitude practice can all contribute to a calmer and more content state of mind.

Being a mom is a beautiful and challenging role. It's important for moms to remember that they are blessed and capable of finding joy amidst the chaos. By prioritizing self-care, managing time effectively, seeking support, embracing imperfections, and practicing mindfulness, moms can reclaim their peace of mind and be truly "Too Blessed To Be Stressed!"

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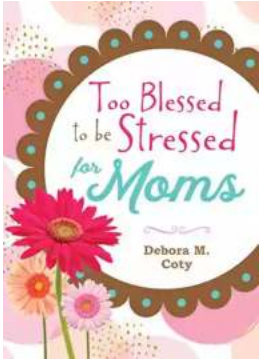
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Do you feel like you're drowning in the everyday stress-pool? . . .  
Wish you could make busy-ness a business so you'd be a millionaire? . . .  
Welcome to the maternal order of slightly sagging sisters of the 'hood. The motherhood.

With her own offbeat brand of wit and near-wisdom, popular inspirational humorist Debora Coty addresses heart needs of moms drowning in the churning stress-pool of busyness. In her beloved mom-to-mom, grin-provoking style, Coty offers empathy, laughs, real-life stories, practical parenting survival tips, and fresh biblical insights to help you hear Papa God's still, small voice through life's chaos.

Whether you're struggling with stress related to attitude, time-management, guilt trips, patience, or something in between. . .this humor-filled volume will deliver a much-needed smile and equip you with simple-to-implement tips for attaining the peace we all crave—the peace that passes all understanding.



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