



RESTED MAMA TOOL KIT

**Print this and use to follow along with the video or take any notes for future reference.*

WHAT DOES BEING A RESTED MAMA MEAN?

When we think of rest, we associate sleep. Once you have a child, your sleep changes turning more towards sleep deprivation. You can't control how your baby sleeps. You *can* control how **you** restore. That is what being a rested mama means, you empower yourself through taking restorative actions so your body and mind stay nourished.

HOW TO BE A RESTED MAMA

Sleep deprivation keeps the focus on the sympathetic nervous system, or, stress response. To be a rested mama, the body needs to spend time in the parasympathetic nervous system, or, relaxation response. The following practices help nurture your relaxation response so your body and mind can shift towards you feeling like a nourished mama.

MINDSET

How many times a day do you say, "I'm so tired!"? I noticed myself that I was saying it all the time and it wasn't helping me feel any more vibrant. Saying I am tired all the time, kept me feeling like a victim and down on myself rather than feeling empowered. To create change I started to 'cancel/delete' each tired thought and replace it with a more helpful, uplifting affirmation.

Action step: Write an affirmation(s) or use the ones provided. Place them where you can see them throughout the day. Say them as often as possible. As you say them, try to feel and see the positive images/feelings

THERAPEUTIC PRACTICE

1:2 Breathing

Learning to breathe is the best way to regulate your nervous system. You can use it to ease you into sleep, take a mini relaxation moment or help soothe yourself and your baby.

Action step: Breathe in all 3 dimensions from the lower abdominal area to the base of the rib cage. Once comfortable, begin lengthening your exhale in comparison to your inhale. Try to make the exhale double the time. The exhale is the most relaxing part of the breath cycle. Repeat for 5 breaths or more.





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Restorative Yoga

Restorative yoga poses relieve the effects of chronic stress by providing a supportive environment for relaxation. The postures benefits go beyond what simple sleep can provide, as there are tensions associated with sleep. By placing the body in comfortable positions with gentle attention on the breath we can move towards nurturing much needed balance in our mama lives.

Action step: Take 5-15 minutes in a restorative yoga pose. My favourites are legs up the wall, Supported bound-angle pose, or supported savasana.



I feel refreshed and vibrant

I embrace this cycle of life (and know it is impermanent)

I restore body and mind in new ways

