

Five ways

**TO GAIN MORE ENERGY
(EVEN) AS A WORKING MOM**




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Motherhood is exhausting, and it doesn't go away

This isn't what you expected. You adore your child/children and you love being a mum to them. But you also hate how you're feeling. You're dragging yourself out of bed in the morning, you're exhausted the whole day, you snap easily and you just don't feel like yourself.

And somehow this is supposed to be normal when you have kids. How can it not be? There's no time for anything else other than "mumming"!

This guide was made just for you. It has five easy-to-implement tips for you to gain more energy in your everyday life. Read ahead and see how to get started.

You *can* be thriving, even as a mum. In fact, you deserve to.

MOST BANG FOR YOUR BUCK

Is your breakfast just coffee and maybe a muffin? Some toast and jam? Maybe cereal and milk? Or maybe you skip it completely?

Switching up your breakfast to a healthier version is a relatively easy change that can have a huge impact when it comes to your energy levels.

What do I mean by 'healthier version'? Less carbs, more protein and good fats.

Sugar and carbs might temporarily give you an energy boost, because they quickly spike your blood sugar, but they also lead your blood sugar to quickly crash. As your body rides this blood sugar roller coaster, you're more likely to have sugar and carb cravings (and fatigue) later in the day.

Have breakfast

Instead of what you've been brought up to associate with breakfast (cornflakes, bread, croissants, etc.), try these options:

- A smoothie that includes protein (either as a protein powder or in the form of nut butters), good fat (such as half an avocado, a tablespoon of cold-pressed, quality oil) and colourful fruits and vegetables. Make sure you don't overdo it with fruit- you wouldn't be eating one banana one apple and a cup of blueberries in one sitting would you?
- Eggs, either as an omelet, or hard boiled (a great snack too!).
- Chia seed pudding. Mix three tablespoons of chia in one cup of milk of your choice. Let it sit in the fridge for 20 minutes and top with your favorite fruits and nuts. You can add some vanilla or maple syrup to the mixture.



Get your sleep, as much as possible

THE MILLION-DOLLAR QUESTION:

To go to bed early or to use the quiet time to finally do something for myself?

You probably go for the second option and I don't blame you. However, sleep deprivation over a longer period of time can have detrimental effects on your health-with the first one being low energy the next day, as you might have noticed already. Here are three thoughts that might help change your mind and go to bed earlier, at least on some days of the week!

- There's an early alarm clock that you have no control over (your child). Go backwards and count at least 7 hours (you might need more). Be mindful of your bedtime and adjust your evening activities accordingly.

Get your sleep, as much as possible

- By going to bed early you might be "losing" an hour but as always, when you say *no* to one thing (your evening "me time"), you always say *yes* to something else (better mood, more energy, no cravings the next day).

- If you resist going to bed early because you feel boring and so unlike your old self, keep in mind that you're not signing a contract with the universe that from now on, this is how your evenings are going to look like until the end of time. This is a phase.

If your body and your mind need more sleep, allow yourself to get it.



Wear something nice just because

SERIOUSLY?

So superficial, right?

I'm with you. And before becoming a mum I never really associated taking care of the way I looked as a way to feel good and have more energy.

Here's what I've noticed in myself and my clients: If I wake up tired and get ready without any intention or effort, my mood stays the same. If I make the extra effort to think about what will make me feel attractive, confident, even sexy (mums can be sexy too!) then my mood and energy immediately lift. It *is* superficial, but it works!

It could be a pair of earrings.

It could be a necklace.

It could be high heels.

And it could mean that you look in the mirror and smile!



Ditch your phone (sometimes)

OUR WINDOW TO THE OUTSIDE WORLD

Leave a mum with a smartphone and she might not be bored for the whole day. Buying next-sized clothes for your toddler, checking out pinterest for child room decoration ideas...the temptation is huge to grab the phone and open that window to the outside world.

But if you're feeling tired and overwhelmed, your smartphone use might be making things worse.

Technology is an amazing and necessary tool. But if we're on our phone the whole day, we're "ON" the whole day.



Ditch your phone (sometimes)

And if we're "on" the whole day, how can we be "off" in the evening and fall asleep easily? How can we be truly present with the people around us if half of our attention is on that little thing that's constantly blinking or making notification sounds? Talk about depletion!

Try a phone-less day where you put your phone in airplane mode - or if that's too much for you, just turn off data and wifi. If even that is too much for you, you can let a few important people know what your plans are for the day so that neither they nor you are stressed about it. Your energy levels should improve in a matter of hours.

Some people like to dedicate one day a week for digital detox, most often on the weekend, for obvious reasons.

MOVEMENT VS EXERCISE

Taking care of a toddler is exhausting. If you aren't the type who loves doing exercise, you're probably thinking that moving your body is the last thing you need. And even if you used to be physically fit before, your energy levels are so low that you don't think you can survive a fitness class.

Let's get technical just for a second: The amount of energy you have is a direct result of your diet and the number of mitochondria your body produces. The more active you are, the more mitochondria your body produces.

So the more you exercise, the more mitochondria the body makes to produce *more energy* to meet your needs.

Bottom line: Movement *increases* your energy.

Move your body

You've noticed I talk about movement rather than exercise, especially for mums. You see, your body doesn't really care if you're in a gym doing a HIIT workout, in the park walking your dog, or on the street pushing the pram. What it cares about is that you're moving.

If you're completely out of shape, start with a daily 30min brisk walk and build your way up. Those thirty minutes can be after dinner (also a great way to end the day), or at your lunch break.

Most importantly, do something that you enjoy doing, not just what everyone else is doing. That's the only type of movement that you can do consistently.



YOUR FIVE STEPS:

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Move your body

Did you find this useful? Imagine having someone to talk to about how to implement these and other changes in your life according to your own, unique situation. Coaching is all about YOU. Contact me if you want to know more.

With my healthiest wishes,

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