

RELAX

WITH YOUR KIDS

10 WAYS FOR
MOMS TO
UNWIND



aWhimsicleLife.com

How many times have you thought, “If I have to watch Fresh Beat Band one more time...”?

Relaxation is a priority as a parent. It’s just hard to find the “how” at times. There have been many times when [I’ve simply lost it](#) or [wanted to lose it](#). While I was researching ways to relax, the first item on many lists was “Get a Good Night’s Rest.” Once I stopped laughing, I searched further for ways you can calm down around your kids and [not have a mommy meltdown](#). You know when you need it. Those moments when you feel on the brink of complete and utter “I’m going to lose it.” Next time that you feel an impending meltdown, try these.

Release Tension

Lay down and breathe deeply

My son had just broken two of my favorite coffee cups. My daughter kept asking me the same question over and over again. It was time for a breather (pun intended).

Controlled breathing is something that kids can do with you. Lay on your back and put your hands on your diaphragm (right at the base of your ribs). Breathe in to the count of 5 through your nose. Hold for 2 seconds and then breathe out through your mouth for the count of 5.

Concentrate on making your hand rise and fall with each breath. Repeat until you feel some sanity returning.

My daughter likes to add the phrase, “Blue skies in” with every inhalation and “Gray skies out” with every exhale. This may work or you may all break into hysterics. Either way, both are excellent reliefs for stress.

Have your kids rub your back

My daughter is six and will give me a back or shoulder rub any time I ask. A lot of kids are like this actually. When I was a camp counselor at Girl Scout Camp, our campers would regularly help us counselors relax through spa sessions. At a breakfast cookout once, the girls took the plates and rolled them up and down our backs. Asking your kid for a back rub is worth a shot.

Laugh

Whenever I read this tip, I wanted to throw the computer against the wall. How can I possibly laugh when I want to murder somebody this instant?!? So if you need something to laugh at click [here](#), [here](#), or [here](#). (no I'm not going to tell you what they are... that's part of the fun)

Move

Go on a Walk

Pack the baby in the stroller and get out of the house. Some of my grumpiest moods have disappeared after a 20-minute stroll outside. Sunshine and fresh air do wonders at times. Hit the park as well. Be a kid and go down all the slides.

Dance party

Crank up the Pandora or radio station. Dance around your house like a complete lunatic. Your kids will either join in or leave the room.

Be Creative

Crank it up and sing

I like my operatic rendition of Let It Go.

Creative Visualization

I recently learned that the mind can't tell the difference between imagination and reality. So when I stress about a situation by replaying it over and over again in my head, my body suffers the effects of that stress.

The key here is to daydream about something very pleasant. My favorite daydream lately is to imagine I'm back on a Hawaiian vacation I took 10 years ago. Mauna Lea, the huge volcano on Hawaii, looms behind the hotel. I can look out a window and see the ocean extend for miles and miles. I'm instantly calmed down.

But if you would like to daydream about Ryan Gosling showing up at your front door, that would work too.

Art

Take all the junk mail piled on the counter, grab the pieces of kid crayons scattered randomly throughout the house and unleash your inner artist. I know my daughter would probably love to help "decorate the mail."

Eat

Eat Dark Chocolate

I'm talking about the 90% cocoa variety. Not only will you only want a very tiny bit, but chocolate is known to be a mood enhancer. I avoid milk chocolate at all costs when I'm stressed. Eating it makes me grumpy and then I want to devour the entire contents of the refrigerator.

Drink a Glass of Wine

Sometimes this works for me... [sometimes it doesn't.](#)

Relaxing around kids doesn't have to be an oxymoron. There are plenty of ways kids can help you relax, whether its a back rub to help you melt or joining in while they create a masterpiece.

Remember to make relaxation a priority. Kids fight for your undivided attention. Just reframe that stress and think about how much undivided attention you can give them while they "help

mommy relax.”