

FitFacts®



Peace in Parenthood

EVERYONE BENEFITS FROM SOME QUIET TIME, BUT THIS IS ESPECIALLY TRUE FOR PARENTS. PARENTS ARE IN A STATE OF CONSTANT REACTING—TO CRIES, PHONE CALLS, EMAILS, DIRTY DIAPERS, AND CARPOOLS. PARENTS SEEM TO DEFINE SUCCESS AS FILLING EVERY MOMENT WITH TASKS AND INFORMATION. IT'S NO WONDER SO MANY OF US FEEL OVERWHELMED.

NO MATTER HOW HECTIC YOUR DAY MAY BE, SCHEDULE QUIET TIME FOR YOURSELF. IT'S DURING THOSE MOMENTS OF QUIET THAT EVERYTHING COMES INTO PLACE. SOLUTIONS SEEM TO RISE TO THE SURFACE, PEACE COMES OVER YOUR BODY, AND YOUR ENERGY IS RENEWED TO KEEP UP WITH THE REST OF YOUR DAY.

BUT WHEN YOUR DAY IS ALREADY PACKED, HOW DO YOU FIND THE TIME TO FIT QUIET TIME IN?

Wake up earlier. Wake up before your family and sit with no technology—TV, radio, computer or phone. Do nothing but have a cup of tea and meditate on what you want to get out of your day. (To make up for the lost sleep time—after all, you're already sleep deprived—try to go to bed a few minutes earlier.)

Take a bath. Nothing offers instant relaxation like a bath. After your kids go to bed, light some candles and get in the tub. You can quietly reflect, which may immediately help you feel better.

Go for a walk or run. Your mind may fill with thoughts and ideas as you move peacefully through nature. A quiet walk or run can help shed stress and tension on even the toughest day.

Enjoy your drive. When going for a drive without the kids in the car, turn everything off (that means no phone or radio!). You'll find that these moments of solitude can also bring great regeneration.

Meditate. Make a small corner of your home your personal sanctuary for decluttering your mind. Include in this space a special pillow, blanket or candle, and find a few moments throughout the week to clear your mind, breathe and let your stresses float away. When you meditate, your thinking mind becomes quiet.

The bottom line is that you need to find a way to bring peace into your life and your family. It's when you feel like you don't have any time that you need a break the most. You'll be astounded at the progress you'll make with a little bit of time for "me."

ADDITIONAL RESOURCES

[American Council on Exercise](#)

ACE Fit Blog: [Why Moms Should Put Themselves First](#)