

5 Ways to
Relieve
Anxiety
for
Career
Mamas

By
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at The Mental Health Chick



Hi there!

I'm Missy Jane

I'm a career mama just like you. I've struggled with all the things - mommy guilt, anxiety, depression and negative thinking.

I help women just like you and me get anchored to healthy mindsets, boundaries and beliefs.

As you explore these 5 ways to relieve anxiety, consider journaling as you go along. Write down some mini-steps you can take to move yourself towards that space where anxiety no longer rules the roost and you are on a healthy journey towards healing and wholeness.

So grab that journal and let's get started!



PLAN & SCHEDULE = *Routine*

Planning out your day and week is essential. It's so common and easy just to take each day as it comes. However, this can lead to more stress because (1) your kids don't know what's coming up which can make them anxious and (2) you end up in a panic over things you've forgotten or just don't have time for. My fave is the Passion Planner.



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE

01

FOCUS ON YOURSELF FOCUS ON YOURSELF

IDENTIFY YOUR *Tribe*

You don't have to walk alone. In fact, one of the best things you can do for your wellness is to create a tribe of people you trust. This can be friends, family, co-workers, etc . Create a team of those you support you at home and at work. Having a variety of different people who can speak into when your down and support you in your winds will go a long way.



MINDFULNESS *Practice* _____

To be mindful is to be in the here and now. Read that one more time.

As moms, we try to be everything to everyone. This can lead to worry and anxiety about the next thing and then the next thing and then.....you get my drift.

Instead, pay attention to the here and now - because you can't get it back. The future will always be there.

To get grounded, try this:

*Inhale and exhale.
Notice all that you can see and hear in the present moment and space.*

Accept yourself and clear your mind.

Place your focus on what serves you well in this moment..



FOCUS ON YOURSELF FOCUS ON YOURSELF

PROGRESS *not perfection*

trying to be the perfect mom and/or the perfect employee will exhaust you - and ultimately leave you feeling defeated. Instead, notice your progress and celebrate your wins. Taking this realistic and healthy outlook will leave you happy with the wins and less stressed when things don't go exactly as planned. .



05

GIVE YOURSELF

Grace

By definition, grace is an unmerited gift.

Grace is a gift.

Grace is a gift to yourself.

It's a gift that says ...

It's ok that today wasn't great

It's ok that you forgot to pack your kiddo's lunch.

It's ok to ask for help.

It's ok to take a break.

It's necessary and ok to take care of yourself.



Next Steps

I am so proud of you for walking through this mini-training on how to alleviate anxiety.

I know anxiety, overwhelm, and even low mood can make being a career woman and all-star mom tough some days!

That being said, I would love to invite you to my FREE Facebook Group AND offer you a FREE 30 minute clarity conversation. Scan the QR code to connect!

I'd love to help you on your journey to becoming anchored in your values and purpose. Let's do this!

♥ Missy Jane

SCAN ME!

