

THE MUMMY MOJO GUIDE TO STRESS-FREE LIVING

By Amy Down and Debbie Emmerson



HELLO, AMAZING MUM!

We are Amy and Debbie. Mums, friends, ocean-dippers, champagne lovers, sun-rise worshipers, self-care advocates, detox devotees, serenity-seekers and self-confessed mojo-holics. We are so glad you found us!

We founded Mummy Mojo after our own mojo-zapping experiences of motherhood. One of the biggest stealers of our mojo we discovered was stress. Becoming a mum and suffering from stress always seem to go hand in hand, and it's not hard to see why. We found the constant juggling act, the unpredictability and the sheer number of things on our to do list at any given time was mind-boggling.

Add to that a very sick child, emigrating across the world, having twins with no support network and a toddler in tow, personal tragedy, holding down a demanding and stressful job whilst juggling home life, plus considerable health issues of our own, we certainly had our share of challenges between us. Needless to say we got through an awful lot of wine and chocolate!



And the fall-out? Physical and mental health issues including overwhelm, burn-out, chronic fatigue, sickness, post-natal depression, relationship stress, low self-esteem and adrenal fatigue. It was stifling, suffocating and totally mojo-zapping. And the saddest part? It distracted us from our dreams and our greatest potential – from leading our most lit-up life.

WE EMBARKED ON A MISSION TO ADDRESS THE STRESS AND GET OUR MOJO BACK. A REWARDING, JOYOUS AND LIBERATING JOURNEY ENSUED AS WE TOOK STRESS BY THE BALLS AND TOOK BACK CONTROL OF OUR LIVES. WE GOT OUR MOJO BACK!

The life-changing transformation we achieved for ourselves ignited a passion in both of us, to share what we had learned with other mums who were struggling like we had. **To inspire, encourage and empower mums to take back control, and rediscover their vitality, sparkle and joy.**

In this Mummy Mojo Guide To Stress-Free Living we share our greatest learnings about managing stress and the role this plays in getting your mojo flowing. We show you how to bolster your resilience to stress through the practice of daily self-care, plus all the tips and tricks we learned to reduce stress in our jam-packed, roller coaster lives.

We show you how you can dial down the stress in your life straight away by adopting new daily habits, lifestyle principles and simple mindset changes. And we also share our fast and effective coping strategies to provide you with instant stress relief that won't require you to have a wine cellar or take out shares in Cadbury's.

A stress-free life may seem like a pipe dream right now, and sure it won't happen overnight, but it is a goal worth striving for. Being a mum is a tough gig. You are doing an amazing job. You deserve to be a happy, healthy mum, with more peace and joy, and less stress.

With love, serenity and mojo,

Amy & Debs xx

Mummy Mojo



HOW TO USE THIS E-BOOK

We'd like to suggest you sit down in a quiet spot when you've got a spare hour to yourself, grab a cup of coffee, and read this short book from cover to cover. But hey, let's keep it real!

Our Top Tip: Keep the book handy and refer to it regularly. There are lots of tips, strategies, and ideas for daily habits, lifestyle principles and mindset shifting that will set you on the path to stress-free living. By implementing the simple actions, it will have an immediate effect on your stress levels.

At the end of the book you will find a workbook section. Print it out, fill in the answers, and then revisit at regular times throughout the year to see how far you have come, or to see the areas where you need to focus more.

The important thing is that you make a decision to do something and then take ACTION! Do it every day until it becomes a habit. Consistently taking action every day, no matter how small, is the key to success!

PRINT OUT THE TOP TIPS PAGE AND PUT IT WHERE YOU WILL SEE IT REGULARLY TO ACT AS A CONSTANT REMINDER TO STAY ON TOP OF STRESS.

For additional support, or to go deeper and make even more lasting changes via one of our programs, come and see us at Mummy-Mojo.com.au. For further inspiration and motivation come and hang out with us at our facebook page and blog. We look forward to seeing you there!



Mojo

WHEN YOUR MOJO IS IN FULL FLOW, THIS IS YOU FEELING YOUR ABSOLUTE BEST, FULL OF CONFIDENCE, VITALITY AND SPARKLE. IT IS WHEN WE KNOW WE ARE EXACTLY WHERE WE ARE MEANT TO BE, DOING EXACTLY WHAT WE ARE MEANT TO BE DOING, BEING OUR TRUE, AUTHENTIC SELVES, IN ALIGNMENT WITH OUR PURPOSE AND VALUES. IT IS AN ENERGY, AN ESSENCE, A LIFE-FORCE, THAT COMES FROM WITHIN US, AND ATTRACTS OTHERS TO OUR ENERGY AND LIGHT.



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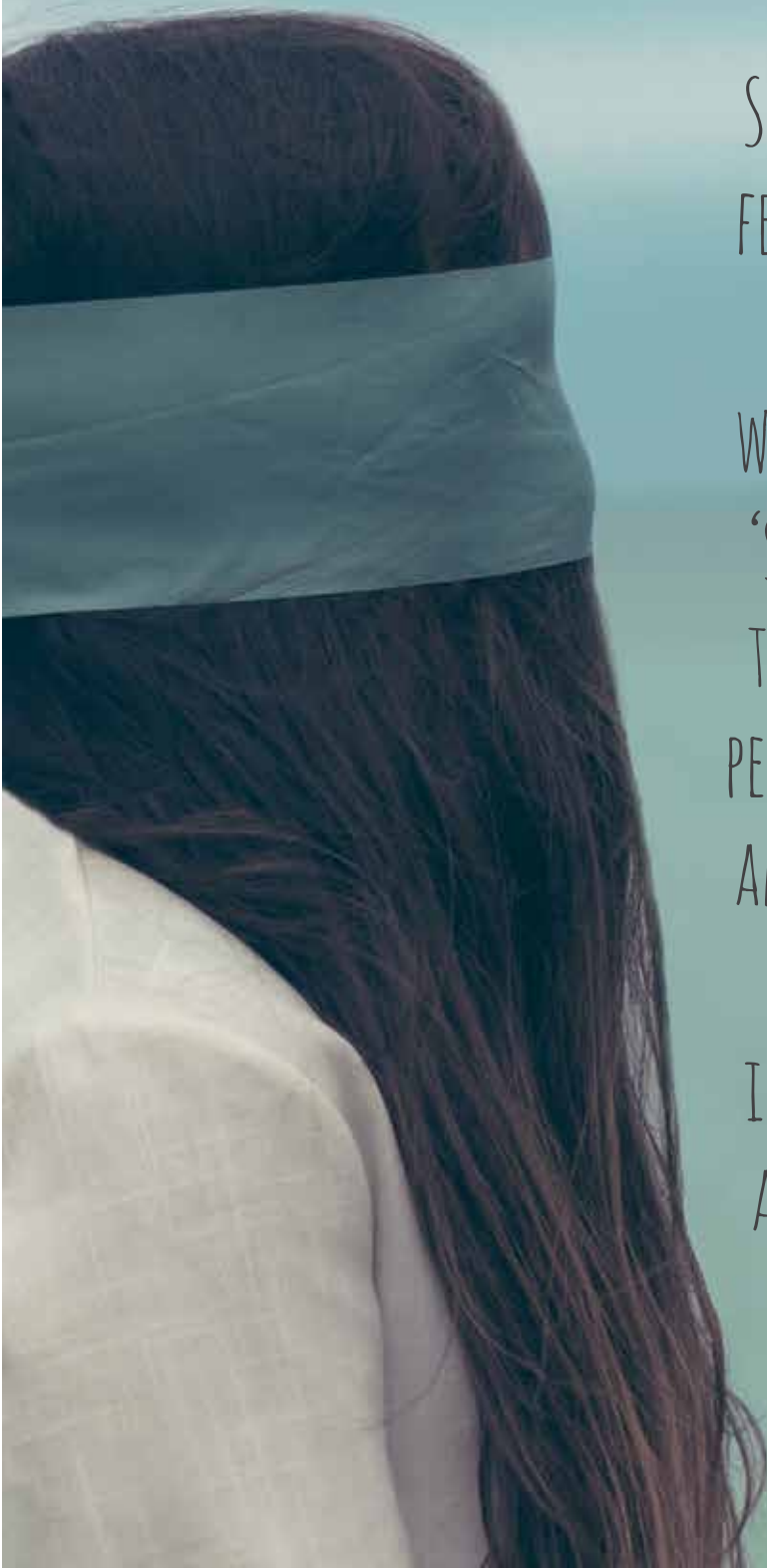
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What is Stress?

STRESS IS OFTEN DESCRIBED AS A FEELING OF BEING OVERLOADED, WOUND-UP, TENSE, AND WORRIED. HOWEVER, AT TIMES THIS 'STRESS' CAN HELP MOTIVATE US TO GET A TASK FINISHED, OR TO PERFORM WELL AT WORK. A SMALL AMOUNT OF STRESS CAN EVEN BE GOOD FOR YOU, LEADING TO INCREASED ALERTNESS, ENERGY, AND A SENSE OF FULFILLMENT.





THE LOW-DOWN ON STRESS

WHAT IS STRESS?

Stress is your body's way of responding to any kind of challenge, demand or change. When you feel stressed by something that is going on, your body reacts by releasing chemicals into the bloodstream, which negatively impacts your body in a number of ways.

Sometimes negative stress can be brief and specific to the demands and pressures of a particular situation. This is called **acute stress**.

As a mum this can include; running late for school, missing a day of work because your child is sick, getting stuck in traffic, juggling the demands that you go through on any given day.

Other times you can experience **chronic stress**. This can be self-perpetuating. It builds and builds until it is a major influence on your mind and body, and dominates almost every action you take, every emotion you feel, and every thought you have.

Chronic stress can involve ongoing demands, deadlines, pressures, and worries that seem to go on forever, with little hope of letting up.

It's a build-up of stresses - the relentlessness, in conjunction with the constant juggle and never-ending demands on us as mums.

When we finally snap, the thing that usually tips us over the edge, is probably not that big a deal. But by now you are in no fit state to deal with it in a calm and rational way. You have no resilience against stress.

It is the proverbial straw that broke the camel's back.

How often have you lost your temper with the kids in a burst of frustrated anger, only to realise very quickly that the misdemeanor did not warrant your strong reaction? It was just the 100th thing that you had to deal with and it was the final straw.

The worst part. You are left feeling sad, guilty and a little ashamed, which is yet another stress on the body.

OTHER TYPES OF STRESS

While **emotional stress** is the type most people think of when stress is mentioned, there are many other things that can stress the body.

Chemical stress. Everyday we ingest, apply, absorb and breath in toxins. These can include; herbicides, insecticides, petrochemicals, hydrocarbons, heavy metals, molds, food additives and synthetic drugs.

These toxins can have a negative affect on our health, our weight, our energy levels, and our general wellbeing.

Physical stress. Exercising is necessary for a healthy life, however too much exercise can fatigue the adrenal system, raise cortisol levels, and cause the body to hold on to fat.

Other stresses. Too much sugar in the diet can raise blood sugar levels and cause stress in the body. Food allergies and food intolerances can cause inflammation and indigestion. This in turn triggers cortisol which can interfere with your body's ability to produce an adequate supply of digestive enzymes.

Poor posture, spinal misalignments, and a lack of sleep - which many of us mums suffer from - also cause stress.





The Stress Effect

STRESS AT ITS BASIC LEVEL IS TOTALLY MOJO-ZAPPING. IT DEPLETES OUR PRECIOUS ENERGY RESOURCES, AND TAKES THE JOY OUT OF LIFE. IT CAN CAUSE CRAVINGS, WEIGHT-GAIN, LACK OF SLEEP, LOW ENERGY LEVELS AND POOR SEX LIFE, AND CAN ALSO HAVE SOME SERIOUS CONSEQUENCES FOR OUR MENTAL AND PHYSICAL HEALTH. IT IS POSSIBLY THE MOST DANGEROUS TOXIN YOUR BODY FACES EVERY DAY. THAT'S WHY IT'S IMPORTANT TO REDUCE OUR STRESS LEVELS AS MUCH AS POSSIBLE.



HOW DOES STRESS AFFECT US?

Stress is extremely toxic to the body. When under stress, our bodies respond by activating the nervous system and releasing hormones such as cortisol, adrenalin and noradrenaline. These hormones cause physical changes in the body which help us to react quickly and effectively to get through the stressful situation.

When stressful triggers arise, the sympathetic nervous system (SNS) is activated and signals the 'fight or flight' response into action. This prepares you to either fight the 'beast' that is in front of you or run like hell from it! Remember that this response goes right the way back to our hunter-gatherer days.

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This stress response is meant to be short lived; you see the beast, you run and escape – stress over. In modern society with ongoing work pressures, lack of sleep, and relationship issues, this stress response is switched on too often.

Your nerves and muscles are all primed for fighting or fleeing, your adrenaline is flowing, and you're stuck in a passive situation with your stress levels building

and building. It's no wonder we are all putting on weight, aging more quickly, sleeping poorly, and generally not feeling our best.

Initially when stressed your body gives subtle signs to communicate something is wrong. These are physical signals like constricted breathing, tense muscles or clenched fingers. When ignored these can lead to symptoms like headaches, sleeping problems, stomach upsets, tiredness, reduced sex drive, overeating, palpitations, and emotional responses like anger, irritability, depression, feeling overwhelmed and out of control.

When the body continues to function in a wired state there are numerous consequences for our long-term health. Psychologically it can cause anxiety, burn-out and breakdown.

Physically, stress can negatively affect your immune system, increase inflammation, and give rise to adrenal fatigue. Along with zapping your energy, it can reduce your ability to metabolise and detoxify, mess with your sex hormones, and cause leaky gut leading to food sensitivities and autoimmune disease.

Stress has also been found to change gene expression. The chemicals your body produces when you are under stress turn on or off genes that change everything from how you store fat to how fast you age.