

# JERSEY'S TIPS

## For the working MOM!

- ◆ **The most important thing to remember is you come first! If you are not healthy, you won't be as useful to your family.**
- ◆ **Make time for yourself. If you have had one of those days where you want to rip your hair out, take a quick time out before heading home. Whatever is waiting on you can wait a few. If you do, you will just end up taking it home and that will make things worse.**
- ◆ **Diet and Exercise. Two words that some moms really hate. Things I have learned to do are plan ahead and stick to what you like and know. Find a window even if it is small and own it. If you can make the time to run the kiddos wherever they need to be you can make time for yourself. As for the snacks that you have in the pantry, as hard as you try to stay away it won't work. Don't waste your time feeling guilty! We all have our vices. Besides as moms we feel like we constantly earn and deserve a reward!**
- ◆ **Last but not least remember this.....we have the most difficult yet rewarding jobs in the world. No matter how crappy your day is there is always a little hand that will need you. To them you are one of the most important people in their life! Without the comfort of mom, they are lost.**