

# The 5 things that matter as a MOTHER



*The Upside of Me*

Building a positive mind and a healthy body

IT STARTS WITH.....

*BEING ON THE UPSIDE*

How to grab that positive attitude without reading daily affirmations.

Knowing what matters. How to take stock of your new life.

*PARTNERS IN CRIME.*

How to tackle those close relationships.

Dealing with people who keep interfering with your crack at motherhood.

IT CONTINUES WITH.....

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*HAPPY WIFE,  
HAPPY LIFE.*

What truly makes a good partnership when you are a mother?

*POSITIVE MIND LEADS  
TO A POSITIVE BODY.*

Making the right choices.

Do you know the real link between your mind and your health?

IT ENDS WITH.....

*FEED YOUR BODY.*

Cheat at chocolate recipe.



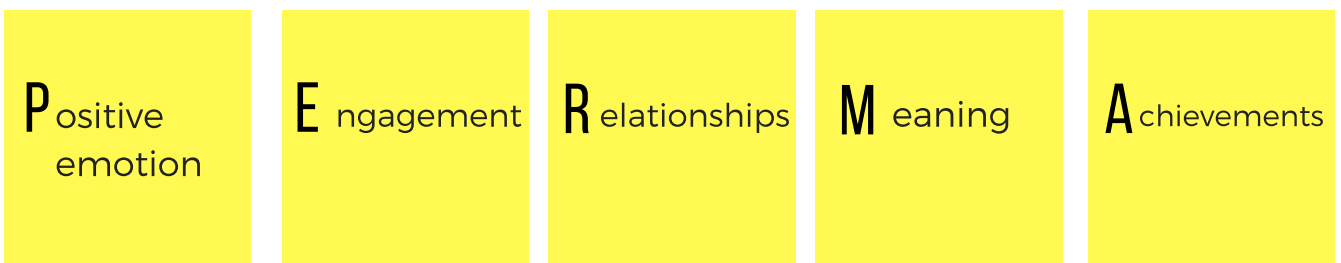




## *BEING ON THE UPSIDE OF LIFE*

Do you reemember the way we used to write small on our hand to cheat. . umm..I mean to remember things? Do you know that you can count the principles of well-being and happiness on one hand?

To stay on the upside of life leading positive psychologist, Martin Seligman notes 5 core principles which actually aren't that hard to master. They're called P.E.R.M.A. In fact, you FEEL happy when putting them into action anyway so it creates this little glow and light inside of you.



Each day you can practice one of the 5 principles to fill your happiness bucket for the long term.



## BEING ON THE UPSIDE OF LIFE

### START BY . . .

P

Positive emotions - Reading affirmations is great, however focusing on being optimistic about now, your past and your future is what gets you in a great frame of mind.

E

Engagement - Tapping into those activities that we get so involved in and forget time. These interests are the ones to include in our lives and create flow.

R

Relationships - Connecting with others and watering the flowers of our relationships increases our chances of being on the upside of life.

M

Meaning - We can think our purpose is to hit the sales and have the latest car. However, putting aside material things and actually exploring your true purpose or what speaks to you the most is way more important.

A

Achieving goals - Even small ones, add to this sense of purpose and help nail happiness and the motherhood gig.

## TACKLING THOSE OUTSIDE INFLUENCES

It's in our nature during the hard times for friendships and close relationships to be very important in our lives,

Although we can all put our hands up as experts in some field or two, sometimes our helpful partners in crime end up making life very stressful for us.

So how do you set your boundaries respectfully?

Humour is a great way to start but without being sarcastic.

Using humour can make awkward conversations a little lighter, however there are still some key points to remember and ways to ask.

*Relationships can often be a source of pain as those who 'mean well' just . . . don't.*







A way to set boundaries is to:  
Clarify the real issues, rather than making assumptions. "I want to know what you are really hoping for?"

Ask questions that allow you to gain this information and which let the other person know you are trying to understand.

"Can you say more about that?"

.

"Is that the way it usually happens?"

Restate what you have heard so you are both able to see what has been understood so far.

It may be that the other person will then realise that additional information is needed.

"It sounds like you weren't expecting that to happen."

Reflect feelings, ~ be as clear as possible.

"I can imagine how upsetting that must have been."

## YOUR RELATIONSHIP WITH YOUR PARTNER

*If you want a good partner, be a good partner*

Travelling with a person you trust can be rewarding for your relationship and sometimes a good test! Sure as a couple you are best friends, but travelling allows you both to grow and learn more about each other. Take the time to go on a small trip, even just a local city stay or a road trip. Get away from the everyday and

go back to your roots. Ship off the children (to grandparents that spoil them) & take a rest with your BFF. Totally chill and hang out, talk for hours with no awkward silences or explore something new. Lean in by really enjoying and focusing on each moment with your partner.

# HAPPY WIFE HAPPY LIFE



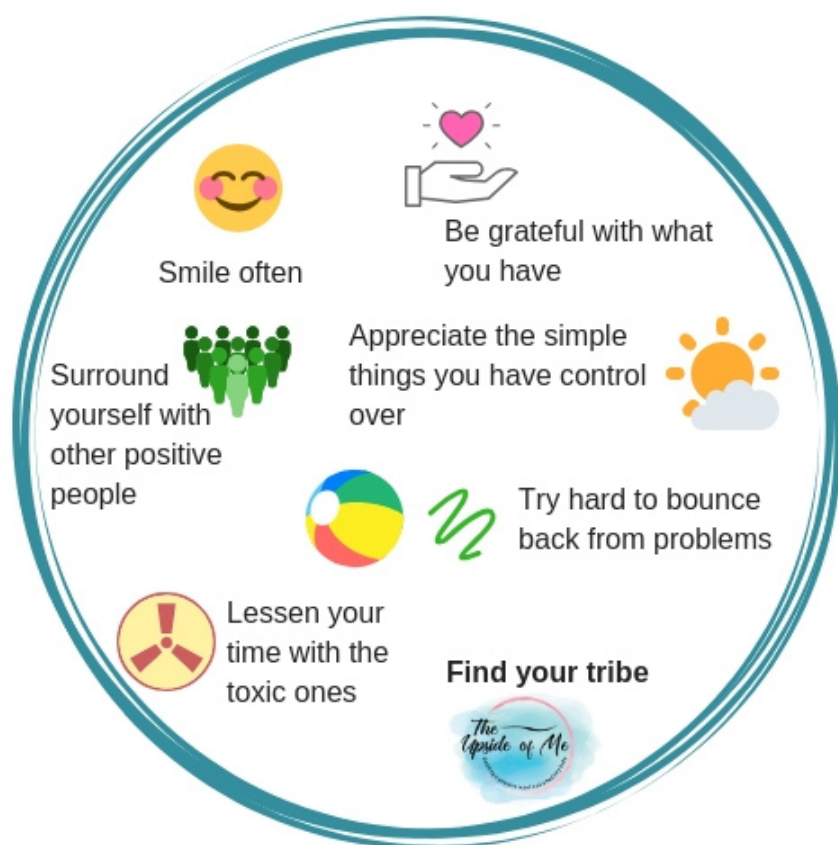


## DO YOU KNOW THE REAL LINK BETWEEN YOUR MIND & YOUR BODY?

It is well known that the brain influences your immune system. Your mind is a powerful force in determining your body's day-to-day reactions. These responses can be negative. For example, they can present as severe emotions or stress linked to poor digestion and complexion issues. However, teaching your busy mind to think positive is important for boosting your physical health. A positive approach is looking at what is going right. This can reduce your resting heart rate, assist in making healthy food choices & give you motivation to exercise. A positive mindset can be achieved by:



**POSITIVE MIND  
LEADS  
TO A  
HEALTHY BODY**





FEED YOUR BODY

CACAO



BARS

What's a superfood? These fantastic foods are the ones rich in many nutrients and minerals. Would you like to cheat at chocolate (pfff of course!)? Cacao, lovely cocoa beans that have been cold-pressed, are a rich superfood with the decadent chocolate taste. It is full of magnesium which is required for the body to help repair muscle, support healthy bones and even help with symptoms of anxiety.

## CHEAT AT BAKING & JUST STIR YOUR SPOON - NO OVEN!

Available at your major supermarket, you'll need:

1 cup of coconut oil  
3 Tbsp cacao powder  
1/2 cup of > honey, nuts of your choice, chia seeds & dried fruit (goji berries or figs or dates or cranberries - you pick)

You'll need to:

Melt (via microwave or low heat in pan) the coconut oil, mix in cacao. Add honey & all ingredients. Combine & line tray. Refrigerate for 2 hours, cut in small squares. Chill out & serve with tea.  
Makes 20-24



*As a mum too I know how tricky and challenging life can get when adding another person into your life.*

*Lisa A.*



*Your perspective is always limited by how much you know. Expand your knowledge & awareness. Let's work together to build on these. Experience feelings of contentment for yourself & your family.*

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