

Time out for Yourself to Spend as you Wish:*

Essential to your Health and Well-Being

Created for mothers by Helen Bourke-Taylor PhD©



Research with mothers of children with a disability suggests that mothers often feel guilty for giving themselves permission to spend time as they wish.²⁰ Healthy lifestyle redesign includes taking time out, in order to rejuvenate and do activities that are personally meaningful and enjoyable. This allows mothers to achieve more balance in their weekly routine, and to spend time on other activities besides caring for their child or other responsibilities.

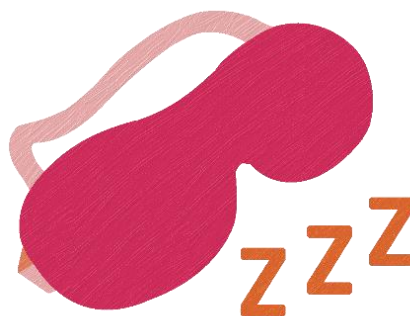
Examples of how mothers have time out¹¹

- personal activities
- facials or massages
- sleeping during the day
- playing music
- arts and crafts.
- doing nothing
- shopping
- resting

Why is sleep important?²²

It is important to get enough sleep, as studies show that people who are sleep deprived report increased anger, frustration, irritability and sadness. Achieving good sleep every day is linked to lower rates of obesity, diabetes, heart disease and improved immunity.

If mothers cannot achieve the sleep they need every night, it is important to rest during the day. Daytime naps which are between 20–30 minutes may be beneficial to regain lost sleep and are short enough to not interfere with your night-time sleep.²³



So what can I do?

Ensure that you take time out for yourself as often as you can, doing whatever activities that you find enjoyable, rejuvenating or necessary for yourself. These activities are important and allow you to regain the energy and motivation needed to complete your everyday tasks. Do not feel guilty that you are taking care of yourself and your needs. Taking time out for yourself, as you wish, creates balance in your life!

*'I have been thinking a lot about my own health. I realise how important it is to look after myself. I have finally given myself permission to take time out, relax and express my own needs.'*⁵

**Mothers are important people.
You are an important person.
Take time out for yourself.**

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

*Item 6, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20. References 5, 11, 20, 22, and 23: See Fact Sheet 13 for full list of references.