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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

3 Reasons Mom Should Have A Hobby

By Carrie Lauth

Moms these days are so very busy, but we're more stressed than ever before and in need of lifestyle choices that help us be happier. Pursuing a hobby may be just the ticket.

Here are a few reasons why a hobby is a great idea, even for a busy Mom.

Having a hobby relieves stress and tension

Spending time with a hobby replaces negative thoughts and replaces them with positive thoughts and feelings. Having a hobby or creative outlet can lift your spirits and help with depression.

Unlike passive activities like television viewing, a hobby provides intellectual stimulation while simultaneously relaxing you. Repetitive actions like those used in knitting are especially calming.

Hobbies help you parent better

We are so good at signing our children up for lessons and classes and encouraging them to have hobbies, even paying for these classes and driving them to and fro! But we forget that we also need to learn new things and grow as people. Hobbies also connect you with other people who share your interests.

A hobby can help you maintain your separate identity as a real person and not just as Mom. This models healthy habits and boundaries for our kids.

Hobbies provide a refreshing change from your daily routine

If you're a stay at home Mom, you may be frustrated because at the end of the day you can hardly point to anything you've "done". This is because of the repetitive nature of housework and childcare.

In generations past, women pursued hobbies like quilting, sewing, knitting, crochet and embroidery not only because they were enjoyable but because they provided tangible value to the family, either

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providing clothing for their backs or much needed income.

Some hobbies like tennis, gardening or belly dancing can even provide great exercise with all of its accompanying benefits. The best exercise activity is one that combines mind and body and is enjoyable to pursue.

Why not carve out some time to pursue your hobby Mom? Don't let a shortage of time stop you. Rearrange your schedule and put YOU back in it, and start carving out time for your favorite pastime.

<http://www.mommyhobby.com>

is a resource site for moms who want to enrich their lives with scrapbooking, sewing, crochet, knitting, tennis, embroidery and other hobbies.

5 Ways To Tell If A Preschooler Is Living In Your House

By Deborah Shelton

1. You reheated the same cup of coffee three times this morning.
2. There is always one more person in your bed in the morning, than there was the night before.
3. You can't imagine life without the Cartoon Network.
4. The lock on your bathroom door is purely for decoration... After all, no locked door could withstand, "Mom? What are you doing? Mom? Can I come in? Mom? Can I show you something? Mom? Can I give you a hug? Mom? Can you hear me? Mom?"
5. You have started—or signed—a petition to banish the word "why" from every language known to man.

Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas:

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My Mother, the Person

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