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A Tool to Help Mothers Order their Lives

By Lisa M. Hendey

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Review of Orderly Days from Kate Conway and Motherhood Press

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Typically by this time of the year, calendars and planners are marked down to half price and most moms have given up on yet another set of New Year's resolutions, including the perennial favorite one to get their lives organized. Thankfully, this year there is a new tool on the market that will help revolutionize the homes and spiritual lives of many families.

The Orderly Days planner, by Kate Conway and Motherhood Press, provides a new perspective on time management. The first thing you'll notice when you receive your Orderly Days planner is the small Rosary ring clipped to the inside of the three ring binder that contains the planner. Conway's introduction for the planner sets the tone for the tool, stating that her goal is to provide a "traditions day planner that helps you organize your life the way God intended - in a proper and orderly way."

The Orderly Days planner logo features a gracefully drawn images, and uplifting fonts, artwork and scriptural references are sprinkled throughout. The planner is compact enough to fit in a purse, diaper bag, or to sit neatly at your desk. The Personal Data again reinforces the emphasis on spirituality, by including important parish contact and schedule information among the other high priority items such as name, address and emergency contacts.

Kate Conway expresses the objective of helping women establish a "God-focus" in their lives, enabling all else to fall into place. She gently reminds us to turn to Mary as a role model and intercessor, and lends an ecumenical spirit to the planner through her invitation to women of other faith traditions.

Proving that this planner has staying power, the calendar section includes annual, moveable feasts and secular holidays through 2007. Other important features include a cross section of prayers, prayer request lists and prayer prompts and an array of printed and internet spiritual reference guides. Each week features a "weekly goals" worksheet that gives the user the opportunity to ponder and prioritize

the following areas: spiritual growth, home and family, development of spiritual gifts, physical goals, ministry to others and financial goals.

Countless other special features abound in the Orderly Days planner, but I would recommend it most highly for its emphasis on placing a high priority on building and maintaining a solid relationship with God, and letting the benefits of that friendship rule and enhance all other areas of our home and family life.

For more information visit <http://www.motherhoodpress.com>

Lisa M. Hendey is a mother of two sons, webmaster of <http://www.catholicmom.com> and <http://www.christiancoloring.com>, and an avid reader of Catholic literature. Visit her at

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Reduce Your Stress: Your Children Are Waiting!

By Aurelia Williams

Mothers are expected to possess huge hearts, big shoulders, a minimum of 3 hands, all the answers and the list goes on! What many mothers forget is they are not born with super hero powers to handle all of those things at once.

Mom=Stress. It's a fact of life. Reducing stress is of the utmost importance to everyone, but especially mothers.

You know stress can lead to depression, heart disease, and an unhealthy mom. Did you also know your stress, if not handled correctly, can have a negative impact on your children too?

The most important things in a mother's life, her children, are also the most influential. Children are sponges and everything Mom does they will, at some point in time in their lives, mimic. If children see their mother constantly stressed out, they will be more inclined to follow those patterns. What you do today can determine the kind of life your child will lead tomorrow, including how you make it a point to reduce stressful situations.

Mothers tend to overload themselves, which in turn overloads their children. Adults move at a much faster pace and their bodies are more adept to handle the speed of life. Children, on the other hand, are not able to function this way, which can lead to developmental and behavior problems in the long run if constantly pushed to keep up with an adult's quicker pace.

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Studies have shown a mother who is under excessive amounts of stress will hand out harsher punishments than one who is not. Prolonged stress can cause a mother to get to the point that she feels overwhelmed and will not stop to think before handing down discipline. This type of behavior teaches children it is ok to let your mood control your life as a parent

Children need to feel a sense of security and know that their mom is there to help them work through and understand the stressful times in their lives. If children are not taught what stress is and why it is a part of their lives, they will never learn how to reduce it, therefore leading them down a path of unhappiness and unhealthy choices. Give them the tools early about how to deal with stress and more importantly, how to reduce the amount of stress that occurs in their lives.

There is no one who lives an entirely stress free life. In fact, you shouldn't want your children to have a life with absolutely no stress. The day will come that a stressful situation occurs and they will have no idea how to cope with it, which is cause for an extremely negative outcome.

As a mother you must show your children that stress does not have to control your life. Mother's have a tendency to try and do it all; even when they know they are not capable. STOP! Make a point, each day, to reduce your stress levels. Eliminating just one stressful situation can make a world of difference in the way you feel and how your children handle stress as adults.

Aurelia Williams, Personal Life Coach and owner of Real Life Coaching

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Looking to reduce your stress? Join our Stress Less
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