

DO YOU HAVE THE MID LIFE BLAHS??

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**By Suzanne Berg**

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**DO YOU HAVE THE MID LIFE BLAHS? ARE YOU THINKING – IS THAT ALL THERE IS?**

If so I have some ideas and great suggestions to help you find the fun, thrill and adventure in your life. Life without adventure surely is like a day without sunshine. If we always continue to draw between the lines we miss some of life's spontaneous, exciting and suprising moments. An adventure experience no matter how big or small brings newness, fun and a feeling of self confidence about life.

How about planning an adventure for you during this year. It is quite wonderful to step outside of your "comfort zone" and expand your view of the world. Adventures bring with them the bonus of a new perspective on life. Adventures will stretch your imagination, increase your sense of wellbeing and challenge your resources. The adventure does not necessarily need to be extraordinary nor does it need to be as intense as the TV show "Survival." Adventures can easily happen on a daily basis or perhaps just

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once a year. The best part is that they provide a chance to grow, a place to learn and most of all you can have a great and fun experience.

Adventures clearly are not age limited but only limited by your own mind. Tamae Watanabe climbed Mt Everest at 63 years old, Jenny Wood–Allen ran the London Marathon at 90 years old, Fauja Singh ran the London Marathon at 93 years old with Adidas signing him up for their

"nothing is impossible campaign" and Anne Cleveland will try, at 48 years old, to swim a double English Channel (England–France–England) in August, 2004.

So here are some ideas both big and small. Start painting outside of the lines. You may not be interested in Mt Everest or the English Channel but there are a lot of other adventurous opportunities.

Some Daily Adventures:

- \* Simply drive to work by a different route
- \* Call someone you have not talked to in 1 year
- \* Introduce yourself to a stranger
- \* Take a bubble bath in the middle of the day

Try a Weekly Adventure:

- \* Go to a foreign movie
- \* Go to a restaurant you are not familiar with
- \* Cook an ethnic meal
- \* Go away for the day by yourself–to anywhere

Perhaps a big once a year or lifetime adventure:

- \* Sea Kayaking in the Pacific Northwest

[www.seakayaking.com](http://www.seakayaking.com)

- \* Walking Tour of Scotland

[www.thewayfarers.com](http://www.thewayfarers.com)

- \* Ice Climbing Women's Trips

[www.chickswithpicks.net](http://www.chickswithpicks.net)

- \* Women's Surf Camp

[www.surflasolas.com](http://www.surflasolas.com)

- \* Montana Cowgirl Adventure

[www.adventurewomen.com](http://www.adventurewomen.com)

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Plan an adventure today! Your next year will be "juicy" and filled with fun. Please let me know what happens, I always like to hear the "rest of your story."

Suzanne Berg "Life is Juicy" Life coach/ LCSW  
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### **Fighting the Pregnancy Blahs**

**By Lee–Anne Robert**

Every pregnant woman has experienced the pregnancy blahs. I can remember feeling so big and unattractive throughout my two pregnancies, and secretly wishing for the pregnancy to be over so that I could have my body back and fit into my normal clothes. It's sad to say, really, because pregnancy is such a beautiful experience and the fact that you created this little human being that is developing in your body should make you feel wonderful through every step of the way.

Oh, but those pregnancy blahs kick in! Your stomach is growing, you cannot fit into your normal clothes, you can't see your feet, you waddle when you walk, your feet and legs are swollen, and other additional physical changes make you feel, well, blah! Sometime during your pregnancy, you may even start to feel bored with the pregnancy and/or feel depressed. Yes, those raging hormones kick in too.

Here are some tips in helping to beat those pregnancy blahs:

- 1) Eat healthy and get plenty of rest. Choose healthy foods and ensure that your intake is nutritious.
- 2) Exercise. Even a short walk in the outdoors will uplift your spirits.
- 3) Make yourself feel attractive by taking the time to groom yourself. Do your hair and put on makeup. We all feel so confident and alive when we look good.
- 4) Buy maternity outfits that will make you feel good. Don't buy just because they fit you.
- 5) Ensure to include pretty accessories in your daily wardrobe such as nice earrings or a pretty scarf. Most of us raid our spouse's closet for clothes that we can wear throughout our pregnancy. Lovely accessories even dress up your spouse's wardrobe.
- 6) If you start to feel bored with your pregnancy, choose an activity that you will enjoy to help you through the boredom. Many women will prepare for the baby by going shopping or decorating the nursery. Other women choose a hobby such as gardening, preparing a scrapbook, writing in a pregnancy journal, etc.
- 7) Roughly 10 percent of women experience mild or moderate depression during pregnancy. If you feel

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persistent depression or anxiety, seek professional help.

8) Spend quality time with your spouse. Go for a romantic dinner or out to a movie. Enjoy this time because it's hard to find time after the baby is born.

9) Take time out for yourself. Motherhood is just around the corner so take this time to enjoy your independence.

Although it may seem like 9 months is taking forever, really, it goes very quickly. Enjoy the wonderful

experience of pregnancy each step of the way. There will be a time in our lives when our children have grown up and we wish to live the pregnancy experience all over again.

You can beat the pregnancy blahs! Feel good about being a woman and feel good about bringing a wonderful new baby into the world.

Written by Lee–Anne Robert, a mother of two young children and owner of Cuddles 'n Gifts,

Fighting the Pregnancy Blahs

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