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**Menopause, Andropause And Other Hormone Imbalances**  
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**Putting Your Life in Perspective**

**By Peggy Porter**

Putting Your Life in Perspective

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Do you often overreact to situations? Are you a constant worrier? Do you look at the glass as always half empty?

One of the greatest stress management tools you can possess is the ability to put everything into perspective. How you perceive your life has a profound effect on how you deal with stress and your level of happiness.

For an event to be a stressor, we first need to perceive it as such. What if we were to take note of the little daily demands that we find stressful and experiment with changing our perception of these demands?

Look at your commute to work in heavy traffic as an opportunity to listen to your favorite music or motivational CD. How about using your supper preparation as a time to spend with the kids? Get them involved in some way. Stress is in the eye of the beholder. What may be one person's stressor could be another's saviour.

This week also experiment with the role your thoughts have in how calm or chaotic your day is. Notice how negative thoughts can spiral into a stressful day and when the majority of your thoughts are positive, your daily routine tends to run much smoother.

We often are doing the same daily tasks but some days they seem more overwhelming than others. Why – because of how we perceive them. Certain days preparing supper can be an enjoyable task while other times it is one more job added to my TO DO list. It totally depends on my thinking.

## Putting Your Life in Perspective

One simple way to reduce the stress and create more balance in your life change your thinking. Recognize when negativity takes over your day and stop it ASAP. When we start thinking our life is overwhelming, it will become just that.

Start living in the moment and remind yourself how precious life is. Practice becoming more flexible as life always involves a series of changes. Embrace them instead of resisting them. We only go around this way once!!!

2005 Peggy Porter Peggy Porter is a nurse, Wellness Coach, and author of YumME MumME Makeover—How to Balance Womanhood and Motherhood by Nurturing the Me in MumMe. If you are a Mom and want to start creating a healthier balance in your life, go to

[www.seekingbalance.ca](http://www.seekingbalance.ca)

and

register for Peggy's free monthly teleclass and Ecourse! For more info you can also email

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### **Newborn Sleeping Positions**

**By Sarah Veda**

It can all be very confusing. Put the baby on her tummy, no her side, no her back. Over the years, we've been told many different things about sleeping positions for babies. Here's the scoop, from my perspective, anyway.

Years ago, it was common practice for babies to sleep on their stomachs. And, there was good reason - babies sleep more soundly on their tummies than in any other position. Most of us were put to sleep on our stomachs, and we turned out fine, right?

But, now we have a little more information. Putting your baby to sleep on her back or side can reduce the risk of Sudden Infant Death Syndrome (SIDS) by as much as 50 percent. Therefore, most pediatricians will recommend that you put the baby to sleep on her back from the beginning. There were a few years there where doctors recommended that babies sleep on their sides, as this not only reduces the risk of SIDS, but also reduces the risk that the child might choke on her vomit if she spits up (which, by the way, is rare). But, today most doctors say the back or side is fine - it's really hard to keep a newborn on her side.

If your baby fusses a lot when sleeping on her back, try swaddling her, or try putting her on her side with a rolled up blanket for support. For many babies, this is enough to make them comfortable. If your baby is sleeping on her back, do be sure to give her some waking time on her tummy, to help with

muscle development, and to give her a new perspective on life!

Now, all that said, if your baby is really having a hard time sleeping on her back, talk to your pediatrician about having the baby sleep on her stomach. If your baby is healthy, your doctor may say it's ok to put her to sleep on her stomach, as long as the mattress is firm. In addition, babies with respiratory problems, upper airway malformations, and babies who spit up a lot, may actually be safer on their tummies.

Each baby is different, and you have to treat them as such. Sleeping on the back is the guideline, but with your doctor's help, you should evaluate your baby, and her sleeping habits, individually. Keep in mind that in a few months your baby will begin turning over, and will choose her favorite position on her own.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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