



STRETCH OUT: The benefits of exercise are twofold - physical and psychological.

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# A RICH PRIVATE LIFE

NURTURE PARENTAL PHYSICAL AND PSYCHOLOGICAL WELL-BEING BY REJUVENATING YOUR MIND THROUGH REGULAR EXERCISE AND CONTEMPLATION WHEN RESTING

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Whether you've mucked up at work, forgotten the dress-up day at school or your teenager refuses to detach from that online game, your brain is the key to respond positively to all these challenges. We won't always seamlessly execute the greatest response but there's certainly no point continuing to repeat the pattern. Learning new skills to manage the anxiety and frustration will help break this cycle.

We're up to the fabulous part of this series – parental self-care! Last week I covered the power of silence, meditation or prayer.

Even just a few minutes a day can make a difference. When we meditate, our mind naturally begins to relax and 'sink' into deeper levels of rest.

Today I draw your attention to nurturing parental physical and psychological well-being. It's our responsibility to model this for our children by focussing on continued growth and change. While parenting involves plenty of self-sacrifices, we create a beautiful nurturing environment for our children when we nourish ourselves.

**SWEAT SO YOU DON'T FORGET**

Now that you know how to rejuvenate your mind, it's time to boost that with exercise. Sorry mums and dads, there's no avoiding this one. It's been proven time and time again, that your brain loves it and you've got a better chance of keeping up with your children's energy levels too.

You'll be able to focus better at work, improve your comprehension skills and be better equipped to take on all your tasks within the next 48 hours. Don't set yourself up for failure.

Start slow and build up to longer stints of exercise so it's a habit. Repetition and consistency is the key.

The benefits will undoubtedly flow through to all your relationships when you're



feeling better within yourself from all those happy endorphin chemicals, as well as looking great. The Sunshine Coast has some amazing picturesque places to frolic, pump and squat. It'll be spring soon so why not tackle those annoying rolls of winter comfort now!

**A BEAUTIFUL MIND**

Parenting involves so many joyful, exciting, sad and frustrating twists and turns. For this reason, it's handy to develop a game plan for being more flexible and resilient to deal with challenges in the most optimum way.

As a start, take some regular 15-minute time slots to visualise, plan and write down what the best version of you looks like?

Your core values about parenting and relationships can be quite different to the next person.

Who is the ideal you as a parent, sibling, daughter or son?

What blocks any inconsistencies?

You can do anything you put your mind to, which should especially be inspiring your children.

Seek out authors or experts in the fields you're challenged by and enjoy a beautiful

mind.

I look forward to expanding on this final important aspect of the social you.

A parent with a rich private life that features integrity through contribution as well as plenty of fun, launches healthy balanced children to their success!

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