

# 17 LITTLE KNOWN, YET HIGHLY EFFECTIVE WAYS TO ELIMINATE STRESS AND THRIVE AS A SINGLE MAMA



FROM THE DESK OF

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*Hey Lovely Mama*

**There is a LOT of stress that single moms go through and even more so these last few years.**

And if you are here, you are likely just like the thousands of mamas I have connected with since starting my [Single Mom Empowerment Facebook Group](#).

**Just like I was when I became a single mom back in 2016.**

From the pandemic, virtual schooling, financial crisis, dating, doing everything alone, and co-parenting...

Even worried about if your kids will grow up ok not coming from a "normal" family. (what is a "normal" family anyway?)

That this is completely normal, and these last 2 years have been a whirlwind of even more stress and emotions. There has been so much uncertainty in the world. It's natural to feel uneasy about what steps you should be taking to **start thriving this year.**

I know because I have been exactly in those shoes- I became a single mom after leaving a very toxic, and abusive relationship. My self-esteem was low, plus I had to navigate raising two daughters while healing traumas and solely on one income.

I had to work hard to make sure that my children were taken care of. At one point- I worked 3 jobs almost 90 hours a week. I never was able to see my kids they were always being raised by babysitters, and I started fearing that would resent me for missing everything.

And I put a brick wall around my heart and would tell myself that I was happier alone. Dating became something that I made sure I never had time for. Deep down I was afraid of being alone forever, but I let my pain keep me from trying.

When I tried to start dating I self-sabotaged myself and just kept dating the same type of man my ex was.

But, my future successful single mama, let me tell you: I have changed my life completely since 2016

I have learned new skills that have blessed me with the ability to work from home, setting my own schedule so that I can actually raise my kids. My daughters are thriving. I started dating again and opened myself up to find true love and happiness. I am now engaged with a child on the way. I never would have thought this would be my life.

I am not special by any means. I took the time to learn what self-love was, I healed from what my ex did to me, and I changed my focus.

And I know so many other moms changing their lives by pouring and investing into themselves.

Ask yourself... how am I going to bounce back? Am I just going to go through another year with no change? Another year of constant stress? How can I finally start thriving in life?  
...Let's not wait for things to happen to us.

I want you to join us and start living life on our own terms.

These are proven (that I have used personally) ways to eliminate stress and **create change that will last all year long.**

And the best part?

The path to success is simple with the right tools and we cover a **HUGE variety of stressful areas that you want to release.**

From weight loss and health...

To financial, self-care, and work/life balance stress.

**Because I firmly believe, right now you can choose to live in the most critical time of your life, and CHANGE.**

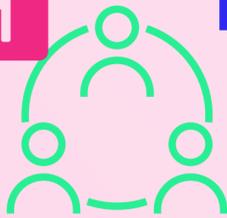
It is our responsibility to start living and thriving for our kids. Imagine a world where **you are never stuck in your comfort zone.**

It's your time to take massive, determined action.

Are you with me?

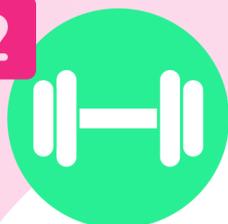
**So, without further ado, here is what we focus on becoming a thriving, successful single mama:**

# 1 FIND COMMUNITY



Surround yourself with others who uplift, support, and empower you. When you find a community that you feel safe enough to vent and feel heard helps calm the stress. You know that you are truly not the only one on this earth dealing with the same issues. Ways to find your community include: finding Facebook Groups who are like you, Reddit threads, online forums, and interacting with influencers who encourage and uplift.

# 2 WORKOUT



Exercise reduces levels of the body's stress hormones. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators. Have trouble staying consistent with workouts? You can find a workout buddy, (virtual or in-person) and start small. Commit to doing something active daily for 5 minutes for 3-weeks and then increase it.

# 3 LISTEN TO STRESS RELEASING MUSIC



A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management. Research confirms these personal experiences with music.

# 4 MEDITATE



Meditation is a simple technique that, if practiced for as few as 10 minutes each day, can help you control stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation. Create a quiet space, set a timer for 2 minutes, and play calming music.

# 5 CREATE SMART GOALS



When most people try to create New Year Resolutions or any type of goal they rely on willpower and no plan. SMART goals are:

**Specific, Measurable, Achievable, Realistic, and Time Bound.**

# 6 SET A TIMER



You can do anything for 5 minutes. Need to vacuum? Set a timer and stop when the timer goes off. Our brain allows us to accomplish and focus more when we have a specific start and end time.



Today i will...

- CHOOSE GOALS THAT ARE SPECIFIC AND MEASURABLE
- WRITE OUT WHY THESE GOALS ARE IMPORTANT TO YOU
- LIST YOUR TOP 10 PRIORITIES

Goal # 1	Priority List
.....	.....
Goal # 2	.....
.....	.....
Goal # 3	.....
.....	.....

## 7 FIX YOUR CREDIT



If you are located in the U.S. and have a poor credit score that can be a major financial stressor. The first step to repairing your credit is to know where you currently are at. If you don't know, pull your credit report and see where you stand. I highly suggest the book Leverage Over Everything by Solomon Lacy which walks you through this process.

## 9 GRATITUDE JOURNAL



Before your kids wake up or after they go to bed make sure to spend

5 minutes to write daily journal entries. Write your entries in the mind of your future self. Think of 5 years from now what does your life look like? How much are you making? What does your family look like? Thank yourself for providing this.

## 11 WORK/LIFE BALANCE



To focus on work/life balance you first have to take a realistic look at your life.

Creating a schedule, and chore chart are my go-to for life balance. If you are working a lot of hours and a calendar just won't help because you have no time. Look at adjusting your work hours. Starting my business has helped me create the flexibility I have needed to raise my daughters.

## 8 PUT YOURSELF FIRST



As moms, we are use to putting ourselves on the back burner. Everyone else comes first. Even if we take a moment to ourselves; we end up feeling guilty. You can't fill anyone else's cup if yours is empty. Take time daily to do something that you love to do. (that doesn't include your kids)

## 10 BUILD IDENTITY BASED HABITS



Identity-based habits, what do I even mean by that? How New Year usually

goes is - wanting to lose weight, make more money, or whatever goal you want to change and doing it by your own willpower. To create long-lasting habits you have to create a new identity first. Your current behaviors are a reflection of your current identity.

## 12 DETOX



A quick way to ramp up your energy, clear your mind, and lighten the toxic load on your body, is trying a gentle, food-based detox. It can make a big difference in how you look and feel. We're not talking extreme dieting here, either. Consider it another powerful tool in your arsenal for reducing stress on your body.

## 13 BOUNDARY SETTING



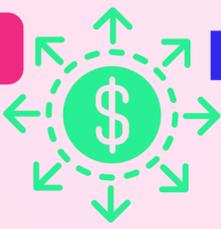
When people aren't used to boundary setting they will probably put up a fight and make you feel bad about it. However, the end result will be worth it for you. Your relationships will involve greater mutual respect and meet the needs of both of you.

How do you create boundaries? Ask yourself "If people would be upset with you if you said no, do you truly feel that they are coming from a respectful, reasonable place? (And, if not, might it be time to start setting some limits?)





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## MONEY MANAGEMENT

Financial stress is harming 72% of Americans and even more globally. The strain on finances is more overwhelming after the pandemic

**A simple method of money management is using CANS, yes you read that right. Don't laugh...find 5 cans and divide your money into 5 categories:**

- 10% Finish Free - Only for investing
- 10% Education - For personal development
- 10% What I Want - Vacation, car, or emergency expenses
- 10% Have Fun - Spend it every month on something fun
- 60% I Can Pay My Bills - If you need more than that, work on lowering your monthly expenses

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## CALMING SMELLS

Using candles, diffusers, or wax melts can help create a calming environment. Popular smells for stress relief lavender, rosemary, ylang-ylang, and lemon. Peppermint has been found to provide a great pick-me-up for stressed-out and overworked mamas.

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## AFFIRMATIONS

According to research, self-affirmations activate the reward centers in the brain, which help people reduce pain and maintain balance in times of stress. Positive affirmations are a great tool for reprogramming your unconscious mind from negative thinking to positive

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## LEARN FROM OTHERS WHO ARE WHERE YOU WANT TO BE



Our TOP recommendation for eliminating the stress that you are feeling in your life is to learn from others who are where you want to be. **They have traveled the hard road and give insight that will help create peace faster than you can do it on your own.** You can create powerful results and breakthroughs without draining your time or resources. Plus, with the right mentors, you can live a life filled with purpose, passion, and paychecks!

**Want help to eliminate stress in your life so you can start thriving this year?**

**SUCCESSFUL SINGLE MAMA has created a FREE training that will walk you step-by-step on how to actually make money online.**

which includes actionable strategies, a workbook, and video lessons walking you through a 30-day wealth-building plan!

If you are seriously interested in finding out more, please

[CLICK HERE TO REGISTER FOR YOUR FREE ACCOUNT](#)