



Self Care for New Mums: A Practical Four Step Guide for First Time Mothers

Kirstie Stockx

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Do you feel tired... or more accurately, exhausted as a new mum? Are you worried that you don't have enough time for yourself? Do you feel isolated? Self Care for New Mums is written to help first-time mothers to regain their energy, personal time and meaningful relationships. Kirstie Stockx realised, first hand just how hard being a new mum really is, she was tired, isolated and felt guilty about spending time by herself for herself. Kirstie realised that this was negatively influencing her personal wellbeing and she started making positive changes. She combined her existing knowledge around personal development and tailored it to perfectly suit her new circumstances – a new mum. Kirstie noticed that she was more alert; felt connected with herself, her friends and family. She also started enjoying some much needed personal time (guilt free). After noticing that other mothers were also struggling, Kirstie began reaching out and connecting with new and experienced mums, this gave her valuable insights from over five hundred mothers. From this experience, she noticed that mums that were confident, calm and happy had established strong skills in four key areas; Mind, Body, Organisation and Connections. In 'SELF CARE FOR NEW MUMS: A Practical Four Step Guide for First Time Mothers' Kirstie's passion for helping mums feel calm, confident and happy shines through.

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