

This one's for you, Mum

Cut this out, stick it on your fridge and when stress strikes, follow our expert tips.

TOP 10 tips for stressed out mums.

From Ngala psychologist David Hilton.

- 1. Eat well.**
- 2. Sleep.** This can be difficult with babies, so sleep when you can. If you are having trouble getting your baby or child settled and off to sleep seek some help from expert services like Ngala.
- 3. Ask for help.** If you need it, ask! Yes, it can be difficult to be assertive and put up your hand for help, but it is important to learn to do it. It could be asking for a friend or family member to put on a load of washing, make a meal or babysit. It's just as important to learn to say no. Don't take on too much and if people visit at inappropriate times, tell them you'll need to reschedule.
- 4. Be realistic.** There is a huge pressure, culturally, to be the perfect mother. Images on TV, movies and magazines are often idealised fantasies. It's completely normal to have an untidy house when you have little kids.
- 5. Team parenting.** Dads want to be more involved in their children's lives and they can bring a different element to the parenting table. Dads can be a great circuit breaker when mums are stressed.
- 6. Get help.** From family and friends. When it's offered, take it. If it's not, ask. You'll be surprised because most friends and family will be more than happy to help.
- 7. Get more help.** From your mothers group, child health nurse, parenting classes, the Ngala helpline on 9368 9368.
- 8. Talk to wise women.** Talk to a woman who has been there before. A woman you trust and who is likely to give you sensible advice.
- 9. Time for yourself.** Some days when you're caring for an infant, you don't even get a minute to go to the toilet in private, so it is especially important to find some "me" time. Arrange for the child to be cared for and go out for a coffee or a walk. Or when the child is asleep, find "me" time by painting your toenails, reading, or catching up with a friend.
- 10. Time for your relationship.** You'll need to plan for this, but try to arrange a night or day out together, without the kids. If you didn't have the relationship, you wouldn't have the kids; they are both special.

Stress danger times for mums and what to do:

From Dr Joe Kosterich.

- **Kids fighting while you're on the computer:** Remove yourself from the situation. Walk away from the computer for five minutes, you won't get anything done while you're stressed.
- **Kids arguing while you're driving:** Pull over. Wait five minutes and drive on. The stationary car might even prompt the kids to stop shouting (if they're old enough to understand).
- **Getting the kids to school on time:** Routine is the key here. Be organised in advance; make lunches and have uniforms ready the night before. Get up 10 minutes earlier if you need to. Make the kids aware of the routine on school days so they learn to work within your expectations.
- **End of the day when you're fatigued.** Take time out from the event and take five deep breaths.



Radio 92.9 brekkie host Lisa Fernandez juggles a busy job with raising her four-month-old daughter Isabella. "It feels like you're an elastic band and you're stretching and you're going to snap," she told Today Tonight of her parenting stress.

WHAT TO DO WHEN IT'S ALL TOO MUCH.

"Put your baby down in a safe place, like the cot, and walk away. Take a few deep breaths, have a glass of water, cry if you want. When you start to feel in control again, come back to your baby," Mr Hilton advised.

Dr Joe Kosterich's tips for when stress strikes:

- **Ask yourself: How bad is it?** Is it a world-ending issue, or will life move on — it probably will.
- **Take time out.** Take five deep breaths.
- **Get support.** Have a support structure in place; have someone to call when stress strikes.
- **Try not to scream and yell.** Losing your cool only serves to arc up the tension.
- **Stay on track.** Don't reach for a wine, smoke a cigarette or dive into the chocolate biscuits.
- **Stay positive.** Try not to feel sorry for yourself.
- **Find a solution.** When the stressful event passes, look back on what happened and see if you can find a way to ease similar stress in the future.
- **Consider the kids.** Some kids pick up on stress and can get anxious themselves. Try to deal with your stress levels without inflicting negative stress on your kids.
- **Exercise, sleep, eat right.** Even if you don't have a lot of support, you can use services such as the creche at your local swimming pool for a nominal cost and swim laps for an hour.
- **Get outside.** Take the baby for a walk in the pram or the kids to the park to burn off some energy. You'll also get some vitamin D from the sunshine and you'll feel better for it.

Need help? Call Ngala's free helpline on 9368 9368 or 1800 111 546 for country callers.

SQUATS: the secret to HOT LEGS

When it comes to squat exercises, pain equals gain, Leah Fogliani writes

Love them or hate them, there's no denying that squats are fabulous for toning the legs and butt. The trick is doing the right squat exercise, the right way.

According to Alice Round, personal trainer at Verve Active Health Club, performing squats incorrectly could cause an injury. "Often people will squat all their weight over the knees putting a large force on them. To fix this, squat like you are sitting down on a chair, with all the weight of the body in the heels and keep the knees behind the toes," Miss Round said.

Burning should be felt primarily in the quadriceps and bottom, and to a lesser degree in the supporting muscles of the core and calves, she said. Take special care that both heels stay on the ground. No pressure should be felt in the knees or back.

If squats were performed correctly, they could be an effective full body work-out utilising large muscle groups and raising heart and metabolic rate, Miss Round said.

"Squats are often seen as the king of all exercises as they incorporate strength, balance, core stabilisation and postural control, range of motion and flexibility. They also assist in rapidly toning and gaining strength in the quads, glutes, calves, core and, if resistance is added, in the upper body."

Miss Round recommended aiming for four to six squats for power and speed, six to 10 for strength and muscular gains, 12 to 15 for toning and 20 to 25 for muscular endurance. She said between two and four sets of these repetitions should be sufficient.

FIT BALL WALL SQUAT

For beginners and anyone with lower back or knee injuries

- Place fit ball on your centre lower back, with feet hip-width apart and pointing straight forward.
- Slowly squat down with weight through the heels and keep thighs parallel.
- Breathe in and press up again through the heels, activating the glutes and quadriceps to return to starting position.



ADVANCED STANDARD SQUAT

Add dumbbells or a bar for extra resistance with this intermediate to advanced squat. Uses core muscles and upper body strength

- With feet hip-width apart, activate core muscles and tilt the pelvis under while keeping the chest and head up.
- Slowly squat down with weight behind the knees and slightly push the hips back to activate the glutes, aiming to reach a 90-45 degree angle.
- Breathe out as you push back up through the heels to start position. Maintain a tight core throughout and do not arch the back.
- Dumbbells can be held in either hand or a bar on the shoulders for resistance. A squat-and-jump phase can also be incorporated.

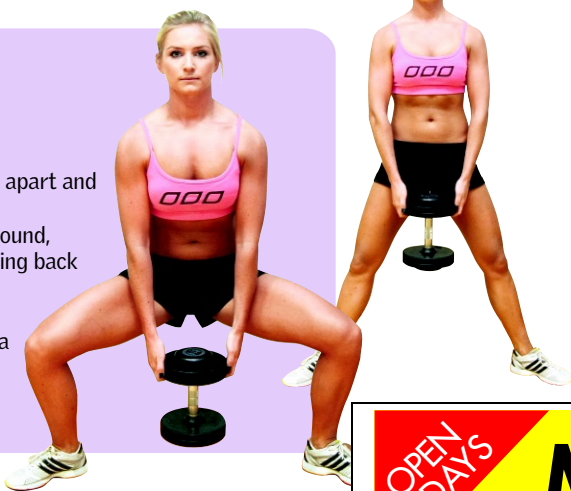


PLIE SQUAT

Targeting inner thighs

- Stand with feet wider than shoulder-width apart and toes turned out at a 45-degree angle.
- Bend knees and lower body towards the ground, keeping knees in line with toes before pushing back up through the heels.
- Keep abs braced and back straight throughout. Resistance can be added with a dumbbell, bar or even a medicine ball.

EXERCISES COURTESY OF ALICE ROUND, VERVE ACTIVE HEALTH CLUB.



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The West Australian

The GURU Attitude with Jessica Bratich

Let's talk toxic friends, aka "Frenemies". We all have them, or have had them, at some point.

What's a frenemy? It's the woman "friend" who envies you, the woman who stabs you in the back, the woman who befriends you for her own personal gain or the woman who will take and take without giving anything back.

The fact of the matter is as much as we want to look for the good in people, sometimes it's just not there.

'The best way to deal with these toxic people is to cut them off.'

I have had this experience a few times; the girl who befriended me and I put myself out there to help in every way I could, who I then discovered was stabbing me in the back the whole time.

Then there was the friend who got herself in trouble, so I went above and beyond to try and help her only to suffer

constant let-downs. Often women become very upset by these situations because they put their trust in these people and are disappointed.

The best way to deal with these toxic people is to cut them off. While it may be hurtful initially, what they have done and how they have made you feel isn't a true friendship.

Letting them go is like a weight being lifted off your shoulders. You're no longer carrying the burden of someone else's issues. When a "friend" treats you badly it's their own issue, insecurity and selfishness. Do you really need that in your life?

There are so many wonderful, genuine people out there who will be there when you need them, they won't judge you and will be honest with you. These are the people you should surround yourself with. Put your time and energy into them.



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