



Yoga and Mindfulness for Mamas

## Mindful Parent: Relationships

Once each day this week, fill out the form below.

<b>Situation:</b> <i>Describe a situation where you found it challenging to express yourself to a friend or family member.</i>	<b>Thoughts and Emotions:</b> <i>Describe some of the thoughts and emotions you had during this situation.</i>	<b>Connecting:</b> <i>Did you manage to communicate what you wanted to? If yes, how did this feel? If not, do you think you could try again – and how would this feel?</i>
<i>Example: I was frustrated that my husband did not react when my daughter called from the toilet that she needed help.</i>	<i>I felt angry with my husband. I felt exhausted, overwhelmed and pressured to do everything. My body was tense and I had a headache and a sinking feeling in my stomach.</i>	<i>I managed to take a deep breath, and ask my husband to please go and help her. He looked up from his phone and went in to help our daughter. I felt a relief that he took care of this, but still had a sinking feeling of wishing that he would have done this without me having to ask. Maybe I could have a conversation with him about this...</i>



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