

"Motherhood is near to divinity. It is the highest, holiest service to be assumed by mankind. It places her who honors its holy calling and service next to the angels."

- President J. Reuben Clark

Finding balance as a mother can be complicated to say the least. It's important that you establish priorities so that you do not find yourself pulled in a million directions. Here are a few ideas to help you get and stay more balanced:

Finding A Balance

Motherhood is a 24/7 job, which makes it nearly impossible to constantly be on the top of your game. There may be times when you need more energy than normal and feel overcome with exhaustion. Try preparing for these times of exertion during less busy periods in your day, or times that you feel more energized. When you do this, you can more calmly meet the needs of your children and family. Plan and intentionally keep gaps in your schedule. Families need downtime, alternating busy days with mellow ones. When you plan for downtime and relaxation, stress will be reduced and family time will be more productive and enjoyable.

Set Appropriate Boundaries

As a mother, you may feel at times like the Energizer bunny—going, and going, and going. Because of this, sometimes impolite behaviors are exhibited as a reactive behavior. Motherhood requires setting clear and appropriate boundaries, calmly and repeatedly. Take the time to listen to your children's feelings, then consider your own. Do you need to be clearer or more consistent? Find phrases that help you slow down and evaluate the situation such as, "I respond to please and thank you," or "Could you repeat that in a quieter voice?" Encourage your children to respect the office of motherhood—it's the most vital role a woman can fulfill.

Attend to Your Spiritual Side

Remember that the gospel is the surest foundation on which you can build your family. Prayer, scriptures, family home evening, and acting upon promptings are key to happiness in the home and they don't have to be rote or stressful. Make it fun! Enjoy several family prayers each morning as children leave at various times. If you're running to and fro, invite children to listen to a general conference talk in the car or facilitate an impromptu testimony-sharing opportunity. Whether you act out scripture story charades or share an article from The Friend, mix up your scripture study with variety and fun. Eventually, it will become a natural part of not only your children's schedules but also their character.

Learn to Adapt

Being a mother and a full-time student requires savvy time-management skills. Look to the experiences of others who have successfully balanced schoolwork, family, and other commitments. Learn from their stories and gain inspiration. Remember, it's okay to ask for help and seek guidance from family, friends, and peers. Working together with your spouse can provide valuable support, and most importantly, remember that being a successful mother doesn't mean being perfect.

Allow others to help. Seek guidance from family and peers, work together with your spouse for support, and remember that you don't have to be perfect to be a successful mother.



ADDITIONAL RESOURCES

"Motherhood: An Eternal Partnership with God"

-Elder Jeffery R. Holland

"Seek Learning: You Have a Work to Do"

-Mary N. Cook

"LDS Women Strike Balance Between Family and Work"

-The Daily Universe

"Finding Lasting Peace and Building Eternal Families"

-Elder L. Tom Perry

References Used:

churchofjesuschrist.org,
Brigham Young University
Daily Universe