

Wellness Tips For Working Mothers

Believe in Breakfast

Breakfast is often called the most important meal of the day for good reason. When you wake up from your overnight sleep, you may not have eaten for up to 10 hours. Breakfast replenishes the energy and nutrients in your body. Add whole grains and protein to keep you full and focused as you begin your day.

Drink Plenty of Water

Water will keep you hydrated and satisfied. Try to avoid energy drinks, sodas, and coffees that are high in sugar. These can slow you down and cause you to crash later in the day, making you feel bloated and tired.

Utilize an Exercise Ball or Standing Desk

Our bodies are meant to be upright and active and sitting for long periods of time can lead to back pain, headaches, and tight muscles. Try sitting on an exercise ball to help to strengthen your core and prevent back injuries. Another alternative is to opt for a sit-stand desk which allows you to spend more time standing in an upright position while working.

Get Moving

Taking a walk or doing some stretches can help when you've been sitting for too long. Stretching will help to get your blood flowing, which will give you more energy. It will also help to prevent tightness and pain by the end of the day.

Bring Your Lunch

Packing lunch allows you to control what is on your plate and avoid overeating. Prepping your meals over the weekend may be helpful so you can just grab and go during your busy morning. Additionally, eating a well-balanced, healthy lunch will give you more energy in the afternoon and help you to stay focused throughout the day.

Meditate

Try practicing mindfulness by taking some time to close your eyes and meditate. Deep breathing has been shown to decrease stress and anxiety. Breathe in for a count of 10 and breathe out for another count of 10 to help relieve built-up tension.

Prioritize sleep

Although being a mother sometimes means sacrificing sleep, prioritizing sleep is an important part of a healthy lifestyle. According to the [CDC](#), sleeping less than seven hours per night increases risk for obesity, diabetes, heart disease, and poor mental health. One of the best sleep tips for busy working mothers is to cut back on evening chores and scrolling through social media before bed. Make it a goal to get to bed one hour earlier, and you may notice a big difference in your mood and energy level.

For additional resources and support, visit the UCI HR Wellness Website at hr.uci.edu/wellness