

# You are Not Alone, Episode 61



## Power of Moms A Gathering Place for Deliberate Mothers

In today's episode, April and Saren discuss the important topic of what to do when you feel alone. Some issues that crop up are easy to share with others in a social media setting where we are likely to get a few "likes" and several suggestions. But other issues are really personal and private and we don't feel like announcing our troubles to the world despite feeling so alone. How do we deal with these issues without feeling and being perceived as an Eeyore of the world?

We need to remember that we are not superwomen. We are super women, but we can't do everything. When we share our hearts with others (even one another, a friend or a spouse), we can get the support, love and relief that we are craving.

It is important to remember the trials we have experienced in the past. We may feel like we have it kind of easy now, but our past (and future) may not have been (or be) so easy. By remembering, we can develop the coping mechanisms necessary to push through the hard time we may be experiencing in the present. At any given moment, we can fall on either extreme of the spectrum of hard/easy life.

It is also important to remember that everyone has got something. We all have one problem or another, big or small, personal or public, which we are facing. No one has all the answers but we all have ideas. What better way to learn how to handle our issues than to share and learn from one another? Here at Power of Moms, we strive to gather together from all walks of life, in all stages of motherhood, to build and strengthen one another.

How can we balance our problems with our real life? How much should we tell our kids? On the one hand, we don't want to scare our children, but on the other hand, they need to realize that life is real, and mom is real. Moms can have meltdowns. Saren recalls a time when her mother had a meltdown and she is grateful to have seen that motherhood isn't always easy and breezy so that now when she feels like melting down she knows it's okay. Also, kids gain confidence when we confide in them. They feel like they are being trusted with something in the "adult" world. It gives them perspective when we apologize for our meltdowns and explain to them the situation: "I'm sorry I snapped. I didn't get much sleep and have a lot on my mind." Kids are usually pretty understanding.

Sometimes it's hard to know when/what to share in an appropriate way, but sharing is such an important action. As a mom, it may feel like we have more acquaintances than friends, but finding one person (it can be a spouse) to help sift through a problem can really help. Also, in the age of social media, how much do we share online? It's good to have both internet friends and face-to-face friends to lean on in times of trouble. April mentions that one day she commented on Facebook about her mother's struggle with Alzheimer's and people came out of the woodwork to offer their support. Even her high school drama teacher chimed in with his own experience with Alzheimer's.

Establish what type of support you are looking for. Do you want a solution? Or do you want sympathy? Do you want someone to help fix the problem? Or do you just want someone to listen? Make that clear and if you don't know, share anyway, you might think of the solution while you're talking.

Another way to share is by writing it down in a personal journal. This action can help clarify the problem and can often present a solution.

April has found that by asking the question: "What does this challenge make possible?" helps put the issue in perspective. If you can't think of an answer right away that's ok. Just push through and give it time, the answer will present itself. (Also keep in mind that it may just be "that time of the month." 😊)

Take stock. Some issues we can't do anything about and others we can change. If you feel like you are struggling and need to find answers from an external source email your question to [contact@powerofmoms\(dot\)com](mailto:contact@powerofmoms.com) to set up an anonymous question on our Facebook page and see what other moms think.

Make sure you congratulate yourself for the things you are doing. It's perfectly okay to give yourself a pat on the back.

Remember that things WILL get better. Keep on keeping on. Live step by step if necessary. Focus on getting breakfast on the table and then tackle what comes next in bite-sized chunks. Find a way to keep your mind off the problem. For example, Saren started a gratitude journal to remember the things she is thankful for, from a sunset to a sweet note or thought from her kids.

Most of all: Remember, you are NOT alone. Reach out and SHARE. We're all here to strengthen and build up one another!

*Transcribed by Rosie Liljenquist*