

Love, burden and lust – working mums and the chaos in their mind



Sighing loudly, you take off your high heels, let your bag slip to the floor and rush to the bath. What a day! Your first presentation since the birth of your little darling, your first day meeting clients – the first day you spent entirely without your sunshine. Tired yet overjoyed you take off your make up, wash your face and put your hair in a practical plait. There are only two things on your mind: looking after your kid and then chill on the couch wearing something comfy.

That's when you feel your beloved's breath on your neck. He kisses you tenderly and hugs you from behind. You savour his closeness and the warmth he emanates. You turn around, fling your arms around his neck and kiss him softly. You relish in the moment and enjoy feeling your partner so close to you: his hands tenderly caressing your back and then gingerly slipping underneath your blouse; his strong arms embracing you and pulling you closer, his heartfelt kiss that reminds you that you're not only parents, but also lovers.

A soft whimper pulls you out of the intimate moment. You can hear your kiddo asking for attention – quietly, yet distinctly noticeably. You untangle yourself from your partner and go straight to their crib, still wearing your business clothes. You talk to them, pick them up gently and kiss them softly on their forehead. Your warmth, your scent, your voice, your presence relax them immediately. Rocking them softly, you continue speaking softly to them. In a whisper you start singing them a lullaby. Their crying diminishes and their breath slowly calms down. Tired, yet filled to the brim with deep, all-encompassing love, you lower yourself into the rocking chair next to their crib.

Who would have thought that such a small being could change your life so significantly. You certainly never imagined that your little human would open the door to so much love, happiness and, at the same time, so much worry, fear and insecurity into your life. You would never have thought that the biggest challenge in your life would be to adjust to this new situation.

Yet, all of a sudden, everything changed. You consciously decided to welcome your kid into your life. You always dreamed of having a family of your own, of raising children, of living in a pretty house with a yard and of enjoying the life in a family. However, nobody told you what it meant to suddenly being even more than a wife, a partner, a friend, a daughter and a business woman. You definitely were not ready for that. That it would be hard, that it would take a lot of organising, that it would be challenging – everybody said that. But nobody said that you would barely find the time to eat breakfast in peace, let alone to shower or to sleep for more than 2 hours at a time, and this is what is hurting you most. And now, 14 weeks at home later, you have to add your job to the mix. The job that requires not only your constant and full attention, but also a lot of dedication and commitment. And then there is your love. Wow – that hug in the bathroom certainly felt really nice. For a brief moment you felt like a desirable woman again – attractive, sexy and beautiful. And how you enjoyed that little moment of passion, and how you long to spend time as a couple again, as lovers, with little romantic trips just the two of you, with nights spent cuddling on the couch and indulging in spontaneous, passionate love-making.

You push the thoughts away. How dare you wish for time for yourself? How dare you think about a relaxing dinner, about sleeping in on a weekend until you're finally rested? How dare you long for passionate sex with your lover and for romantic dates? How dare you?!

LISTEN CAREFULLY.

Stop. Listening to your needs is exactly right and extremely important for your well-being. Only you know what is really going on inside your body, in your heart, in your mind. Only you can feel what makes you happy, fulfilled and satisfied.

EXPRESS YOUR NEEDS.

Therefore — talk about it. Don't think you're the only one longing for her life before motherhood. For a time where things were easier to plan and when you had the freedom to be spontaneous. When you didn't have to prioritise that little being sleeping peacefully in your arms over every other aspect of your life. When you were more relaxed, and you maybe even felt more free and worried less. Realise that your feelings are nothing negative, that you're not wishing to turn back the time. This is your reality now. That's why you should talk about your feelings: with your partner, your friends, your boss, your parents. State clearly how you're doing and what you need in order to feel less exhausted, emotionally and physically.

DON'T BE PERFECT.

Stop trying to give 100% all the time, to be informed about everything and everyone, to play your roles at 120%, to look perfect and to be the ray of sunshine you think everyone expects you to be.

Your flat looks like a hurricane just passed through it? Who cares! You have a new-born at home, a job AND a life. Chores can wait. Your legs haven't seen a razor in weeks and your eyebrows definitely need to be plucked? Whatever! As long as you feel comfortable, anything goes. The bikini body you think other women regained almost immediately after giving birth and that you should reach as well seems to be miles away? Who cares! Allow your body to take the time it needs to recover from this difficult time. Give it time and space to regenerate. And don't think that every woman magically returns to her perfect pre-motherhood body within four weeks. Give yourself, your body, your life time and space. Simply be yourself – honest, authentic and self-aware. When you're yourself, you're perfect!

LOVE YOURSELF.

Try to consciously stay with yourself in every moment you live. Experience, feel, learn how you feel when you treat yourself with great goodwill, deep connection and much self-love and appreciation. Take every one of your thoughts, needs and wishes seriously whenever they appear, and try fulfilling those needs. Don't censor yourself, your thoughts and desires and don't judge yourself for your having them. Listen, feel and look carefully at what they are trying to tell you. Give yourself the love you feel deep inside you and with which you make this world a better place. Love yourself – for yourself, your personal development and the vision you have of your own life!

CHANGE YOUR MINDSET. CHANGE YOUR LIFE. FIND YOUR HEART SPACE – THE PLACE WHERE YOU CAN RECHARGE, THINK, REGAIN STRENGTH AND JUST BE!

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