



## **“How to reduce stress, get more time and joy as a mum” online course**

### **Welcome module transcript**

Welcome to “How to reduce stress, get more time and joy as a mum!” online course! I’m so happy that you are here because you are taking your first step in managing your stress, to get more joy and time as a mum. My name is Dr Missy Wolfman, I’m a Clinical Psychologist based in Auckland, New Zealand and I have twin girls who are currently three years old. I run Empowermums which is a private practice specialising in maternal mental health and I run mindfulness workshop and wellness events for mums. Over the past two years I have met over 100 mums through my workshops and private practice, and they all say the same thing. They say that they are stressed. And why are they stressed as a mum? Well because there is so much to do and so little time. That seems to be the common characteristic of being a modern mum but I will show you that doesn’t have to be true for you. I was finding myself talking about the same strategies in terms of managing stress and time with different mums over, and over again. And I thought that it’s about time that I share this with you and other mums around the world in this course.

So what will you be getting out of this course? This course is for you if you are:

- A mum
- You are feeling stressed out

- You are feeling burned out
- You are exhausted and depleted
- You don't feel like you have enough time and energy to do what you want in your day or week
- You are feeling guilty because you are cranky, irritable at your kids, partner, and other people because you are tapped out, your emotional and energy tank is empty and you just don't have any more to give
- You are feeling disconnected from yourself – you don't even remember when was the last time you had fun, that you had time for yourself to reconnect with your passion and activities that bring the sense of richness and fulfilment in your life
- Or if you are not stressed out or burnt out, this course is still for you if you want to thrive as a modern mum, and you want to live in a way that is more joyful and more meaningful

This course is not designed to replace mental health treatment if you are suffering from mental health issues such as clinical anxiety and depression. Please seek your mental health and medical professional for assessment and treatment if you are struggling with your mental health.

This course is designed for you, the modern mum. And the modern mum learn in different ways. Every module there is a video that is less than five minutes long, and if you want you can just listen to the audio while on the go for example when you are dropping the kids off to school or when you are walking your baby in the pram or stroller. In every module there is a transcript of the video so if you like reading for example while breastfeeding your baby at night or you just learn better this way then this is for you. There is also a handout with the transcript of the video and fun exercises for you to do. The key word here is 'fun' as this is for you, this is designed for you think about your life, your time and how to make positive changes in your life. Obviously everything is optional, you don't have to do anything in

this course but the more you do the more you are going to get out of it. The key thing here is that you do need to work through the course in order. This is because every module builds up on itself so it's important that you go through it in order rather than cherry picking which videos you want to do.

With that being said, this is your time so let's get started.