

Five Minute Fixes To Make Any New Mum Feel Good



If there's one time in our lives where we unabashedly let everything else slide, it's new motherhood. Whether you're exhausted, occupied, or just plain smitten with your new bundle of joy, we tend to lose focus on making ourselves feel happy too.

While the thought of going for a massage, facial, and shopping spree might sound like heaven right now, you likely don't have more than five minutes spare with all of your new responsibilities. For those days when you're feeling the frump, though, there are a few quick fixes you can do to pick yourself up again.

Wash Away Your Stress

Sometimes a rarity for mothers, but an age old trouble fixer, having a five-minute shower can do wonders to your mood. If you're unable to leave the baby with someone and get a quick time out, simply bring in their bouncer and sit them up while you wash away all of your stress. You'll be feeling better than you did before, and receive an instant mood boost.



Instant Makeover

If you're feeling a little frumpy in your role as a mother, you can perform a quick pick-me-up in just a few minutes and have yourself in a better mood for the rest of the day. After your shower, try blow drying your hair for added volume, put on some refreshing face moisturiser, and add a little bit of mascara and lip balm. Just those few things will do wonders for your self-esteem and attitude.

Retail Therapy

This is a gift that pays off twice, and you don't even need to leave the house to do it. Studies have proven **retail therapy** to be an effective and instant mood booster, so what better time to put it to good use?

A quick purchase online of something for the new mother in you, whether it's a stylish **breastfeeding top** or a new handbag, will give you an instant pick me up. When it arrives in the mail you'll receive another thrill as well, as you get to open the parcel and wear your new gift.

Make time for you

Sometimes it's the simplest things in life that can make the world of difference, and here at **Peachymama**, we're always looking for ways to make the motherhood journey easier. Don't be afraid to put yourself first, even just for five minutes of the day. You'll be amazed at how much of a positive effect it can have on your mood and attitude.