

# Spiritual or Rejuvenating Personal Time: Essential to your Health and Well-Being

*Created for mothers by Helen Bourke-Taylor PhD©*



It is important that mothers of children with a disability take time out for themselves, and this includes on a spiritual level too. Everyone needs to connect with something that is meaningful to them. What is meaningful to each person is unique and self-identified. For some people, it may be formal religion, and for others it may be connecting with nature. We are all different and that is okay!



## *Benefits of Pilates and yoga*

Regularly practicing Pilates or yoga may produce many health benefits, including increased fitness, lowered blood pressure and improved flexibility and muscle tone.<sup>18</sup> People who perform Pilates or yoga over a long period of time report lower stress, and increased feelings of happiness and well-being.<sup>18</sup>

## *Benefits of mindfulness*

A study with mothers of children with a disability showed that mothers who participate in mindfulness activities, such as deep breathing and meditation, showed decreased stress and anxiety and improvements in quality family time.<sup>19</sup>



## So what can I do?

Find an activity that is meaningful to you and helps you connect to your being. It can be anything unique to you that makes you feel rejuvenated.

**Participation in rejuvenating personal time  
is a positive way to replenish yourself.**

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

\*Item 4, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20. References 11, 18, and 19: See Fact Sheet 13 for full list of references.