

## *12 Rules For H.O.T. Moms Beyond the Bus Stop®*

1. *Learn to air your feelings.*

Remember, expressed feelings are changed feelings.

2. *Avoid comparing yourself with others by admiring their gifts and ignoring your gifts.*

Put no one's head higher than your own.

3. *Form a small group of people you can call on for emotional support.*

Agree to "be there" for each other. Take turns talking and listening.

4. *Take time to play.*

Remind yourself that you deserve to take time to play. Be a kid at times!

5. *Don't forget to laugh, especially at yourself.*

Look for the humor in things around you. Let your hair down more often. Do something silly and totally unexpected from time to time.

6. *Learn to relax.*

Relaxation improves the mind, helps the body heal, and feels so much better than stress and tension.

7. *Protect your right to be human.*

Don't let others put you on a pedestal.

8. *Learn to say no.*

As you become comfortable saying no to the unreasonable expectations, requests or demands of others you will discover that you have more compassion.

9. *Change jobs if you are miserable at work.*

First, try to figure out if the job is wrong for you or if certain people are causing you to feel miserable at work. Try paying more attention to the things you enjoy about your job and less attention to the things that annoy you. Remember that all jobs have some unpleasant aspects.

#### 10. *Stretch your muscles.*

Break a sweat. Go for a walk. Ride a bike. Park the car farther from the door. Take the stairs. You don't need fancy clothes, club memberships or expensive equipment to add exercise to your daily life.

#### 11. *Practice being a positive, encouraging person.*

Each time you give others a word of encouragement you not only feel better, but you build up your best self.

#### 12. *Pay attention to your spiritual life.*

Slow down. Practice sitting quietly. Listen to your inner voice. Spend time thinking about the things which bring peace, beauty and serenity to your life.

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