

# NRE NEWSLETTER

*Have you ever paused to consider who you are beyond your role as a mother?*



## DECIDING WHO YOU WANT TO BE – AN EXPLORATION OF SELF BEYOND MOTHERHOOD

Have you ever paused to consider who you are beyond your role as a mother? In the relentless rush of parenting duties, it's easy to lose sight of the person you were before motherhood – and the person you continue to evolve into. This journey of self-discovery is not about diminishing the importance of motherhood but about enriching it by honoring all parts of your being.

Embracing Individuality: It's crucial to carve out space for your interests, dreams, and aspirations. Whether it's reigniting a passion for art, pursuing a new career path, or simply taking time for self-reflection, acknowledging your individuality can lead to a more fulfilled and balanced life.

Setting Boundaries for Personal Growth: Establishing boundaries is a form of self-respect and self-care. It allows you to define your limits and create necessary space to grow as an individual. Remember, saying 'no' to what drains you is saying 'yes' to what fulfills you.



*Remember, saying 'no' to what drains you is saying 'yes' to what fulfills you.*



# NRE NEWSLETTER

*In the silence of solitude, we often hear the most profound truths about ourselves.*



Investing in Your Passions: What makes your heart sing? Is there a hobby or activity that you've set aside? Reconnecting with your passions can reignite a spark of joy and creativity that enhances all areas of your life, including your approach to parenting.

Self-Discovery Through Solitude: In the silence of solitude, we often hear the most profound truths about ourselves. Allocating time to be alone with your thoughts can be a powerful tool for self-discovery and clarity.

The Ripple Effect: By pursuing your personal growth and happiness, you set a positive example for your children. They learn the value of individuality, self-care, and personal fulfillment, which are lessons they'll carry into their own lives.

## EMBRACING WINTER'S REST: LESSONS IN HIBERNATION AND HEALING

As we move through the early months of 2024, many of us in this part of the world find ourselves cocooned within winter's cold embrace. It's a season often associated with harshness and dormancy, yet beneath its frosty veneer lies an invitation to a profound form of rejuvenation and introspection. For me, the journey through this season has unfolded as a period of intentional rest and healing, offering valuable insights into the cyclical nature of growth and renewal.



*The journey through this season has unfolded as a period of intentional rest and healing.*



# NRE NEWSLETTER



*There's an alignment with this natural cycle, an acknowledgment that there is a time for action and a time for stillness.*

## THE PURPOSE OF PAUSE

January, typically filled with resolutions and new beginnings, looked different for me this year. Instead of plunging into the usual forward thrust of goal-setting and productivity, there was a conscious decision to pause, to step back, and allow for healing. This was not an idle time, but a period rich with purpose—a time to mend physically - I had suffered a foot injury over the holidays, then we experienced the transition of two beloved family members within the last 6 months all while raising a teen and running a business - I needed a break. This choice to slow down and hibernate, in a sense, mirrors nature's own rhythm. Winter does not berate itself for its lack of visible productivity. Instead, it rests, conserves, and prepares. Beneath the snow, seeds are waiting, and life is recalibrating, unseen yet imperative. Similarly, by reserving energy for only the most vital aspects of life—health and loved ones—there's an alignment with this natural cycle, an acknowledgment that there is a time for action and a time for stillness.

## THE CYCLE OF REST AND RENEWAL

In our distracted, always-on world, rest is often undervalued, seen as a luxury or a deviation from the path of success. Yet, the winter's lesson is clear: rest is not stagnation but a vital phase in the cycle of growth. It is a time when we can heal, reflect, and gather our strength for the seasons ahead. My resolution was to embrace this winter's rest, the period became a sanctuary, a space to nurture the body and spirit and to honor the connections that sustain us through life's ebbs and flows.

Interested in learning more? Sign up for our upcoming workshops.



*Winter's lesson is clear: rest is not stagnation but a vital phase in the cycle of growth.*