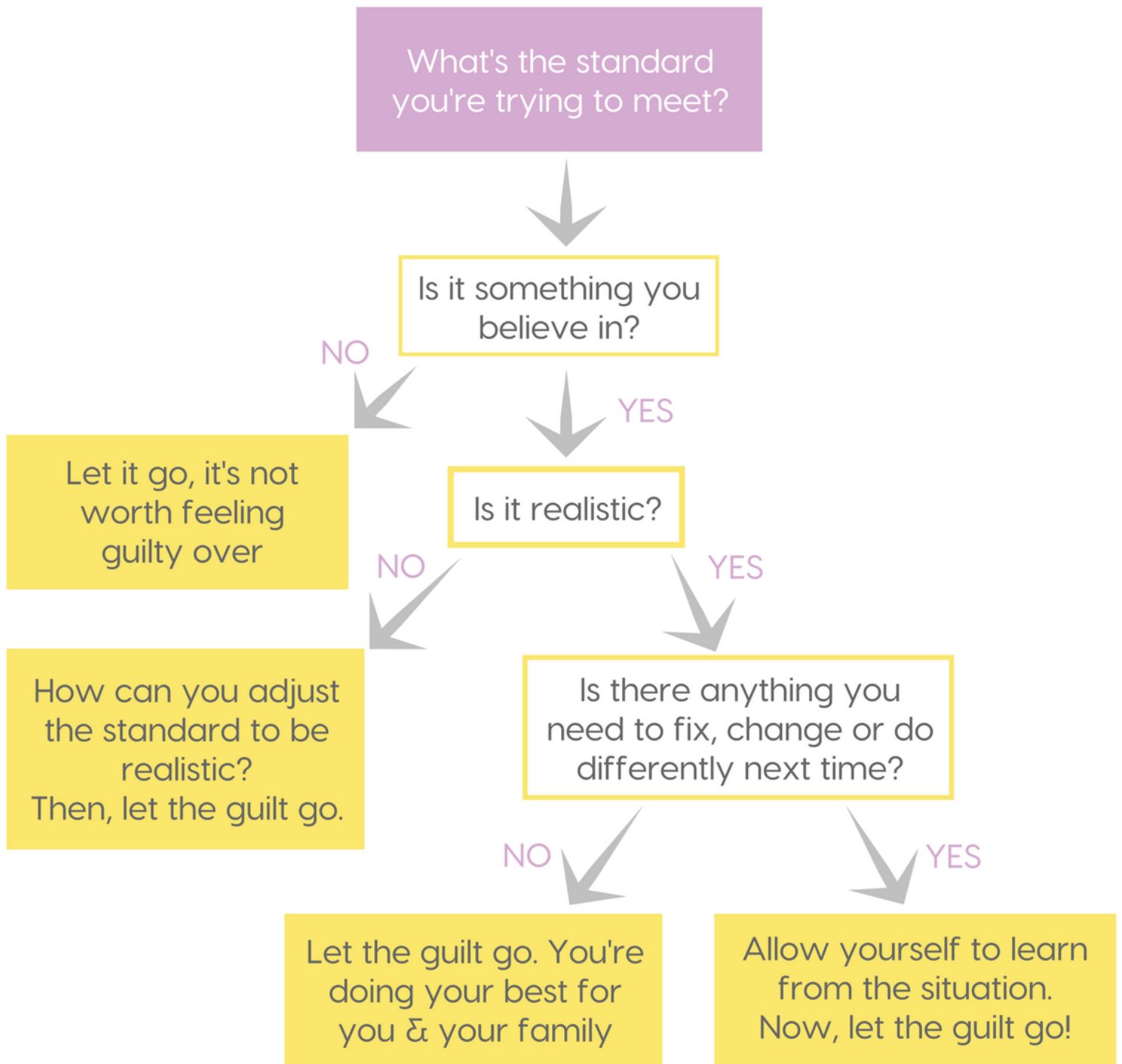


Working Through Mum Guilt



Also:

- Don't compare yourself to others. Stay on your own path.
- Talk to other mums to help you remember that no one is perfect.
- Don't use social media as a standard (it's only the highlights).
- Be present in whatever you're doing.
- Remember life is full of compromises and choices. Be guided by what's important to you.
- Let the little things go.
- Talk to someone you trust to get another perspective.
- Use your journal to work through your thoughts and feelings.