

# Exercise: Finding your Strengths Anchor in Times of Transition

Spending just 10 to 15 minutes on a strengths-based reflection such as the one below will instil in you a greater sense of power and resilience, which in turn acts to strengthen your identity as a new mum.

Sit comfortably in your favourite spot in your house / in the park or your garden, or by the sea / sitting on your balcony / notebook in hand / baby napping / the sun is on your face , a nice coffee or cold drink to hand.

Take a few precious minutes to yourself – put your phone away – stop scrolling!

Close your eyes and relax your body, breathe deeply and just be.

When you feel calm, turn your attention to the following questions and jot down your answers.

- What has gone well for you today as a new Mum?
- What are you proud that you achieved today?
- What made you smile today?
- What made you feel strong and confident today?
- What did you do for yourself today?
- What did you learn about you or your baby today?
- What useful advice or information did you give or receive today?
- How did you deal well with a difficulty or challenge today?

You can also work some appreciations and gratitude into this reflection, and the research shows that you can actually rewire your neural pathways by practising daily gratitude. So, your brain will really work with you when you intentionally focus on the positive in a way that connects with the reality of your day.

Sophie Rowan  
sophie.rowan@pinpoint.ie

