



# 7 Ways to Keep Your Sanity as a Single Mom

Being a single mom can be tough. In fact, sometimes it seems downright impossible. As a single mom of two girls, here are some of my favorite tips to help you keep your sanity.

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## 1. Prioritize

You can't do everything. It's impossible. So let go of that idea, make your ridiculously long to-do list, and then pick a few things to focus on and accomplish.

## 2. Develop a Routine

A schedule is essential when you are a busy parent. This will help you stay organized, on top of almost everything, and give your children stability.

## 3. Build a Network

Don't be afraid to ask for help. Ask a family member, a neighbor, someone from church, or another parent to help you out. Maybe they can pick up your child or watch them for a short period. Friends are important too, as having someone to talk to can relieve stress.

## 4. Sleep

When you are a busy single mom, sleep can become a forgotten luxury. As impossible as it may seem, getting 7-8 hours of sleep every night is essential. If you don't take care of yourself, it's much harder to take care of your children. Prioritize your own health and well-being!

## 5. Make Time for Yourself

Carve out time every day for yourself. Make sure you are eating right and exercising. Take care of your mental health too! I like to meditate and journal before I jump into a chaotic day, so that I am ready to face it head on. It is also important to find ways to relax, like a bath or a good book.

## 6. Find a Hobby

Choose something that doesn't revolve around your kids. Find one thing that you like to do and actually do it. Associating with other like-minded adults will help you to keep your sanity and allow you to talk about something that fills your personal tank.

## 7. Learn to Say No

Your time is valuable, and you can't be in two places at once—so don't try. Thoughtfully cut back on less important things to invest more attention where it matters. Overbooking will only add to your stress.

