

The sleepless nights of a single mom

Tips to conquer the fears that creep in the night

By Patti Handy, Life Coach

Seems like the challenges of our days manifest and are made worse in the night. Don't you hate that? Every fear, every 'what if', every ugly thought is whirling about our exhausted minds. Well, if it makes you feel better, you are definitely not alone!

So, let's look at some practical, realistic steps you can take to deal with the sleepless nights:

First, know that it's normal and very common. Just knowing that you are not alone can help calm the nerves. Single parents (or any parent, for that matter) share in the worries and concerns for their children's safety, health and well being. Thinking about the millions of other parents lying in bed, at that exact moment, having those exact fears, can take you away from your own thoughts. Try to remember that those nasty fears that appear in the night are always magnified and will be put in perspective in the morning.

Second, get it out. Find a support group, other single parents, family or friends to talk to. Talking about your fears and concerns will help you process them, so they won't fester in the night. They may even have some suggestions that work for you to help get a good night's sleep. If you weren't able to talk it out, try writing in a journal. Do a 'brain dump' of all your thoughts and concerns on paper. This can help de-clutter the mind.

Third, turn your burdens over to a higher power. Whatever that may be for you, believe that you are being taken care of. Every need of yours will be fulfilled. Pray for the faith that you seek and embrace that contentment. Think about this statement: "fear is inverted faith". As you believe and deepen your faith, your fears become less paralyzing.

Fourth, as you lay your head down to sleep, spend a few minutes and acknowledge all the wonderful things in your life. Be grateful for every little thing that is going well in your world. Be thankful for health, food, clothes, shelter, the love of family and friends and the gift to grow from these challenging times. Being thankful and showing gratitude will aid in shifting your mind and mood to the positive.

Fifth, when you close your eyes, envision what your *perfect life* looks like. Imagine calm and peace surrounds you, imagine your children are happy and healthy, imagine the home you live in, the car you drive and the state of your mind. Imagine the perfect job or business that you own, with finances being in complete order. Picture yourself on the vacation of your dreams, being perfectly relaxed and at total peace. While on that vacation, smell the air that surrounds

you, feel the wind on your face and hear every little noise. Embrace that perfect life and keep that vision in your heart and mind *every day*.

Finally, know that this journey you are on will serve you well in the future. These challenges will strengthen you, make you more compassionate and teach your children about the important things in life. And always remember to take a deep breath! It's a crazy ride.

Patti Handy, Life Coach, is the founder of Wisdom Within You, a company dedicated to “*guiding divorced women and single moms in rebuilding their lives... financially, physically, emotionally and spiritually*”. As a member of the Coach Training Alliance certification program, Certified Personal Trainer and 25 years experience in the financial services industry, Patti brings a unique combination of experiences to her coaching clients. Being a divorced, single mom herself, she understands the fears, challenges and overwhelm faced by others. Visit her website at www.wisdomwithinyou.com to download a FREE special report on achieving financial order and sign up for her FREE monthly newsletter.