

omfortable CONVERSATIONS



In Person

Telebehavioral Health

Providing:

CBT, Trauma Focused Therapy, DBT,
Marriage and Family, Substance Abuse,
Parenting & Nutritional Intergreation

The Best and Worst Parts of Being a Mom with a Mental Illness

Even the bad days are ones that we can learn from.

Written by Kimberly Zapata on May 13, 2020

Millions of Americans live with mental illness. According to the National Institute of Mental Health, 1 in 5 adults has a mental health condition. That makes me 1 of over 46 million.

1. Anxiety makes it difficult for me to make mom friends — or any friends
2. My kids never know which mom they'll get
3. My children are learning it is okay to ask for help
4. Sometimes I am too tired to play with my children
5. I have snapped — unnecessarily — at my kids
6. My children are learning the value of compassion — and the power of an apology

CHAT HIGHLIGHTS

Motherhood and Mental Health

Nutrition and Mental Health

Affirmation

Real Life Stories

Mental Health and Nutrition

The family at Comfortable Conversation will try to educate you about the nutritional basis of your symptoms. Connecting mental health with physical conditions. Identifying some alternatives to current behaviors that will bring positive lasting results.

Mindful Eating

Chewing food until it is liquid

Put the fork/spoon down between each bite

A relaxed state to assist in digestion

Eating slowly reduces GERD, increases feelings of fullness and reduces intake.

My Struggle and My Joy

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For as long as I can remember, I have struggled with emotional and mental health. I was often putting myself down with self deprecation. I self-harmed for years and even as an adult, it can be tempting. I always knew I had some degree of depression and anxiety, but only recently I was diagnosed with Borderline Personality Disorder. BPD makes it difficult to keep friends and respond to situations with the proper emotions. It's as if my emotions are dialed up to 100 when, logically, I know I'd overreact. I never really took my mental illnesses seriously until I had my son. As a parent, I need to teach him how to love himself and make sure he develops emotionally. That would be difficult if his own mother can't lead by example. Tackling mental illness isn't as easy as "willing" it away. It typically is a life long struggle that needs to be worked on. There's no shame in getting help. Mental health is physical health. When you break a bone, you go to the doctor. It should be the same for psychological issues. Getting help can be hard and takes commitment; however, the longer you wait to get help, the harder it would be to treat.

Planting Positive Seeds

Stop. Backup.
Breath. Breath. Breath.
Re-evaluate the situation.

**Comfortable Conversations
Illinois, Indiana,
Mississippi and Tennessee.**

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Questions:

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Breathing with Bridgette

<https://www.youtube.com/watch?v=0EXZInROJgE&t=5s>