



10 ways to create space and Connect In

When we are plugged in and present, we have so much more energy and capacity as parents. And as well as that, we then have the ability to focus and pay attention to our own growth and development whatever that might be.

The world of parenting is full of should, musts, do's and don'ts. It can be a real challenge to find your way through the noise and figure out what's best for and what suits your style and your family unit.

After all every family is unique and has its own flavour. We don't want to lose sight of those dreams and designs we had for the kind of family we wanted to create and the kind of parents we wanted to be.

I honestly believe that when we are well and resourced, we can tap into our own intuition and have the determination to follow and even create the path that's right for us. This means more for your family and more for you as a person.

Whatever has brought you here to reading this. First of all, thank you for taking the time and secondly, I believe firmly this journey starts with you! When we take the time to focus on ourselves first, we have more fuel for ourselves and for those around us.

These are 10 ways you can start coming back to yourself. 10 ways that allow you to connect in and create space so you can feel and believe that more is possible.

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Photo by Drew Coffman on Unsplash

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1. Journaling

Journaling and automatic writing are great ways to reflect and get a clear picture of what is going on for you right now.

Stopping at the end of each day and asking yourself questions like what did I notice today about my mood and state? What seems to trigger me and cause me most challenge? What do I want to change?

Enquiring in this way can support you in gaining clarity on where you are at and where you want to get to.



Photo by Hannah Olinger on Unsplash

2. Becoming curious about your body

We experience the world through our bodies. Whatever way you are currently relating to what's going on for you this will be reflected in your body.

Your system influences your state which creates your story which impacts how you behave and respond.

The starting point here is to just notice and recognise. Where do you notice tension? Are their parts of your body you don't feel? Does your system generally feel like it has too much energy or not enough energy?

It can be powerful to connect with and be clear how your current reality is echoed in your body and the impact that might be having right now.

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We are embodied beings not
cyber-beings or virtual beings.
We forget this at our peril

(James Flaherty 2008)

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3. Creating some mindful moments for yourself

We all familiar with the benefits of meditation and mindfulness. However, as a busy parent and if mindfulness and mediation are new to you it can be hard to begin and sustain meaningful practice. I support parents in starting with micro moments of connection and building.

Cont//Creating some mindful moments for yourself

It can be powerful to create and access meaningful moments of connection throughout your day. This helps to breed connection, space and well-being.

And the joy is there are so many things you can do in a moment:

A few purposeful breaths from your belly

A moment to deeply listen to a song

A moment to focus on some meaningful text

A moment to look in the mirror and see yourself with loving kindness

A moment to smell a favourite scent and be with the effect of that

And many more...



(Photo by Natalia Figueredo on Unsplash)

4. Bringing back the things that nourish you

All too often when we come parents the rituals & hobbies, we used to have that nourished us fall by the way side.

We can forget that those activities were not just for fun and kicks. But in fact, they fuelled us and filled our energy tanks.

Ask yourself what kinds of things did that for you and what could you bring back into your life right now. Put them on the calendar today!



Photo by Kira auf der Heide on Unsplash

5. Connecting with your body!

So, we know the mind and body are inextricably linked and when we feel deeply present, we fully inhabit our bodies.

So, the more we do to be in our bodies the better. For some people it's the gym, a run, a cycle, dancing, going on a roller-coaster!

For others it's a massage, a bath, a walk, yoga, qi gong. Whatever it is for you make sure these activities exist in your life with some regularity and when you are doing them tune in to your body and be curious about what's going on within, what sensations do you notice and feel?

6. Taking up a Gratitude practice

Thanks to **David Whyte** we can see that being thankful and cultivating a gratitude practice supports us in feeling fully alive and connected.

You can keep a list and add to it daily of the things you are grateful for. You can take a mindful moment and connect and feel in to something or someone you are grateful to.

You can make a gratitude jar by adding things you are grateful for on individual pieces of paper. Then as a daily practice reading one or a few of them.

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Gratitude is not a passive response to something we have been given. Gratitude arises from paying attention, from being awake in the presence of everything that lives within and without us. Gratitude is not necessarily something that is shown after the event; it is the deep, a priori state of attention that shows we understand and are equal to the gifted nature of life.

Gratitude is the understanding that many millions of things come together and live together and mesh together and breathe together in order for us to take even one more breath of air, that the underlying gift of life and incarnation as a living, participating human being is a privilege, that we are miraculously part of something rather than nothing. Even if that something is temporarily pain or despair, we inhabit a living world, with real faces, real voices, laughter, the colour blue, the green of the fields, the freshness of a cold wind, or the tawny hue of a winter landscape.

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David Whyte, Consolations: The Solace, Nourishment, and Underlying Meaning of Everyday Words

7. Finding a Community

Community is a necessity not a nice to have. As human beings we are hard wired for love and connection, we yearn for it and we need it.

Community can support, can welcome wherever you are and can be there when you need it most. If you are looking for an online community for well-being for parents join here

@Well-being Support & resources for Parents

And make sure you have other flavours of community in your life that you can connect with in various ways.



Photo by Tyler Nix on Unsplash

8. Accessing support-get a coach or therapist

Often as parents we can think that we have to do it alone, should be able to do it alone and some of us think it is easier and less hassle if we do it alone! Sound familiar?

Having a companion for your journey can be a powerful thing. Someone to support, to guide, to reflect back, to invite and to challenge with loving kindness.

Coaching is an incredibly useful process and the very intention of most schools of coaching is for you to become self-generating and resourced so that you can coach yourself.

Now that's empowerment!

9. Prioritising yourself more



(<https://unsplash.com/photos/eXGSBBczTAY>)

We've all heard flight attendants' instructions to put on your own face mask on, before putting on your children's.

And yet this instruction can feel like we are going against something primal. However, to deeply care for our children we need to take care of ourselves first.

I realise this is easier said than done often, but it begins by recognising those moments when you are running on fumes or empty. And in those moments knowing it's time to stop and respond, to power up, inject some fuel in to the tank. How might you do that for yourself?

10. Sharing your journey with a friend!

Having a clear intention for how we want to grow and develop is one thing but sharing that with another and externalising it can make it much more real. The power of sharing, of having someone bear witness to, of being by our side, of seeing us take our first step and see our change and transformation can be incredibly energising and supporting.

Who would you want to share your journey with?



A bit about me...

I'm Charlie mum of two girls and a coach specialising in support for parents.

As a mum myself, I have certainly been overwhelmed, uncertain and anxious. And I have also found space and possibility in this challenge and grown in ways I may not have thought possible.

I believe that becoming a parent is a deep invitation for us to pause, take stock and connect with what's important to us so we can create what's truly important to us all going forward. I believe that we all have what we need as parents. And when we are well and connected, we have the capacity to access what already lives within us.

Connect In's mission is to equip parents with the tools needed for meaningful well-being and to support parents in creating the flavour of family and life that is right for them.

I'm a qualified Integral and Generative coach and hold a professional coaching credential with the International coaching federation (ICF). I am also a qualified NLP practitioner and hold a qualification for coaching with the Enneagram.

Please get in touch with me charlie@connectin.me.uk I'm happy to have a chat about how coaching could support you



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