



**The 18th Biennial International Conference  
Strength through Diversity:  
Creating One Breastfeeding World  
Hilton San Francisco & Towers  
San Francisco, California USA  
July 3 - 6, 2003**

## **Mini-Retreats for Mothers: Taking Care of Ourselves While Mothering Small Ones**

**Jennifer Louden**

# PERSONALLY OUT OF BALANCE

Fragmentation of life and roles

Shoulds and guilt run your life

Always rushing, anxious, hurry up sickness

Often overdoing, over caring, doing for others what they could do for themselves

Can't let go of control

Can't say no when you want to scream it

No time for self

No center

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# PERSONALLY BALANCED

More coulds than shoulds

Think and say more good things about yourself than harsh things

Perspective

Improved communication

Creative and flexible

Focused and able to concentrate

Accepting of change and ambiguity

Say no when you need to

Can see the cycles of balance in your life and can accept brief periods of imbalance

Centered and allowing yourself daily relaxation and play

Jennifer Louden – author, retreat leader, life design and creativity mentor [www.comfortqueen.com](http://www.comfortqueen.com) [jennifer@comfortqueen.com](mailto:jennifer@comfortqueen.com)

Learn about our distance learning events and retreats or work one on one with Jennifer

# MINDFUL LISTENING QUESTIONS

What do I need right now?

What does my body need right now?

What does my spirit need right now?

What would I most like to create this week?

Is this what I really want right now?

(Great for transforming shadow comfort)

Is this how I choose to spend my time?

(Good to ask before you make a commitment or decision.)

Is there something else I would rather be doing?

(Good to ask when you are bored or restless.)

What am I not paying attention to?

What do I have time to think about?

How can I nurture myself today?

(Great to ask in the early AM before getting out of bed.)

What am I getting out of being so busy/frantic/overwhelmed?

How can I be gentle with myself in this situation?

What can I give myself permission to enjoy today?

# BOOK BATH LIST

**The Comfort Queen's Guide to Life, The Woman's Comfort Book, The Couple's Comfort Book, The Pregnant Woman's Comfort Book, and The Woman's Retreat Book** by Jennifer Louden

Coming in September, Comfort Secrets for Busy Women by Jennifer Louden

Wherever You Go, There You Are by Jon Kabat-Zinn

The New American Spirituality by Elizabeth Lesser

How Much Joy Can You Stand? by Suzanne Falter-Barns (Suzanne and I will teach 3 retreats together in 2004)

Coming Home to Myself, by Marion Woodman

When Things Fall Apart by Pema Chodron

Faith by Sharon Salzberg

Meditation Secrets for Women by Camille Maurine

When You Eat at the Refrigerator, Pull up a Chair by Geneen Roth

New and Selected Poems by Mary Oliver

Deep Water Passage by Ann Linnea

Things Seen and Unseen and Practicing Resurrection by Nora Gallagher

You are What You Say by Dr. Mathew Budd

The Book of New Family Traditions by Meg Cox

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