

Who Am I???

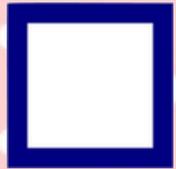


Hey there Mamapreneurs! My name is Missy VanMeter and I empower overwhelmed and stressed women to relax & re-charge using a monthly self-care kit with a portion of the proceeds assisting the less-fortunate and saving shelter pets.

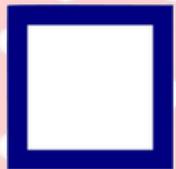
Why Am I Here???

Today I am here to share with you the importance of self-care for work at home moms. As work at home moms, you not only have the overwhelming exhaustion from parenting, but the added stress of a business or job in which it's sometimes difficult to "walk away from" at the end of the day. I will also be sharing 4 of my favorite scriptures concerning rest.

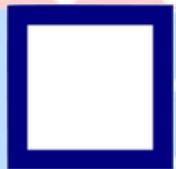
Why is Self-Care So Important for Work at Home Moms?



Stress & sleep-deprivation may cause health problems.



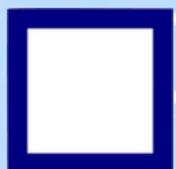
Being exhausted can cause "burn out" which will make you dread your work & may effect your performance.



Having a sedentary job increases your chance of weight-gain.



It is sometimes difficult to find a work/life balance when you work at home. That, of course, brings added stress & exhaustion.



Your family life may suffer from your exhaustion and stress.

What self-care IS:

- Taking care of yourself so you can better care for your family, customers, & clients.
- Making yourself a priority.
- Replenishing & refreshing your body, mind, & spirit.
- **IMPORTANT!**

What self-care is NOT:

- A luxury.
- Selfish.
- Self-indulgent.

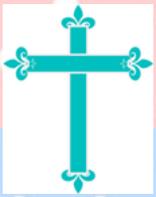
"An empty lantern provides no light."

4 Scriptures Concerning Rest.



“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11:28-29



“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.” Psalm

62:1-2



“Casting all your anxieties on him, because he cares for you.” 1 Peter 5:7



“My presence will go with you, and I will give you rest.” Exodus 33:14