

3Q'S & HART JOURNAL

A Newsletter from 3Q's & Hart Counseling, LLC



Love You More!

What have you done for you lately?
Take some time to reflect on that question
as you think about all of the times you put
yourself first or did something special just for you.

How did you feel as you thought about all
of the times you put yourself first?
Guilty? Happy? Resentful? Excited?

It is time to feel good about making yourself
feel good. It is time to create more self love
and self care in your life.
It is time to love you more!

As a single mother you may feel like it is
impossible to make more time for you.
But as a single mother it is important to
make time just for you so you can give
your best to your children.

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**Thank you for
reading the
3Q's & Hart Journal!**

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**Contact us for a free
Hart To Heart Consultation
to discuss how we can
help you find your way
back to happy.**



Love You More!

Some single mothers feel guilty when they think about putting themselves first. They feel like it is selfish to make their needs a priority when they must spend so much time meeting the needs of their children.

Whenever you fly on an airplane you will always be reminded that you must put your own oxygen mask on first before you can save anyone else.

Whenever you love you more you will always find that you have even more love to give your children. It is not selfish to love you more, it is an act of love that will improve your life, and the lives of your children.

Here are some acts of love you can implement in your life to love you more:

1. Buy yourself some flowers on a regular basis.

Flowers will brighten a room and your mood as you remind yourself that your life is in full bloom.

2. Have a Spa Day.

It can be a Birthday gift to yourself, or done on a monthly or quarterly basis. This is a great way to let all of your worries melt away as you enjoy your very own personal oasis. You will enjoy every moment that is focused on pampering and loving on you.

3. Create your own personal affirmations.

You can use colored paper or index cards to write down your personal affirmations. Your personal affirmations could include: "I am worthy of living my best life", "I am an amazing mother", "I am worthy of love", "I am in the best shape of my life".

4. Establish an exercise routine.

Exercise will not only help you look better, but it will help you feel better. Schedule an appointment with yourself to ensure you exercise on a regular basis. You don't have to join a gym to exercise regularly. You can exercise at home using dumbbells and a floor mat. You can use videos on YouTube, Netflix, etc. to learn new exercises and keep you motivated.

5. Take a bubble bath while enjoying your favorite book, scented candles and beverage.

6. Go to the park with your children.

This is a great way to help your entire family get some exercise. You will also have a chance to relax and unwind in nature.

7. Take a Yoga, Zumba or any other class that will help you have fun and release stress while getting in shape.

8. Enjoy a girl's night out with your friends.

Hanging out with your friends is a great way to get support from your network while having fun.

9. Establish routines that nurture your soul.

Write in a journal on a daily basis to get your thoughts out of your head and onto paper. Take time to meditate on a daily basis. Create a Gratitude or Blessings List, and write down what you are grateful for each day.

10. Have a Love Date with yourself each month.

Treat yourself to lunch or dinner. Go to the movies alone. Do an activity that you love that is just for you.

It is time to love you more!