Getting Your Mojo Back as an Exhausted Dad

Description

You wake up to energetic and demanding children every single morning, which you wouldnâ€™t change for the world. You make them breakfast, play with them tirelessly, try to keep the house in order and attempt to put them to bed after a busy and hectic day. There is no wonder that youâ€™re feeling depleted as an exhausted Dad! Getting your mojo back could look different to everyone, so you need to think about where you would like to make improvements to your current lifestyle. Whether you want to get back into healthy cooking, or you need to start prioritizing sleep more often, there are a number of small lifestyle changes that will make a world of difference. Parents can often hit a brick wall when they are deep in the throes of parenting, but this is a sign that you need to take a break and think about yourself for a change.

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Of course, your children will always be your number one priority, but they wonâ€™t live a joyful life if they have an exhausted father who has lost a piece of himself during the process of raising them. Remembering who you are as a person will always bring you back down to the ground and allow you to see the whole picture again. Getting your mojo back is totally achievable, as long as you are willing to step out of your comfort zone and make a change.

Consider some of the following ideas and you will soon feel positive and ready to bring back the old â€œyouâ€• again, even as a busy Dad!

Enjoy Some More â€œMe Timeâ€•

As a dad, â€œme timeâ€• comes very infrequently and you need to carve out time in your schedule to make it happen. Although it may not seem important at the time, itâ€™s a vital part of resting and recharging and it will ultimately make you a better parent in the long run. Whether youâ€™re reading a book or going out for a run, your self care time needs to be enjoyable to you.

Take a Break from Work

Remember those vacation days you keep meaning to take from work? Now would be the ideal time to use them up! If youâ€™re the type of person who often puts off taking work breaks, you will slowly but surely grind yourself to the ground if you donâ€™t take time to reset your system every now and again. Taking a week off of work will not only give you the freedom to rest and do what you enjoy, but it will also help you to get your mojo back.

Get More Sleep

Getting more sleep as a busy dad is much easier said than done, right? Whether youâ€™ve got toddlers climbing into your bed at midnight or babies co-sleeping in your bedroom, there are no words to describe how much you treasure your sleep. Although it can be tempting to stay up later and enjoy that TV show you are hooked on, it makes more sense to get yourself to bed early and enjoy an hour or two more of sleep. Prioritizing this will help you to think more clearly and make better decisions, which

will ultimately help you feel more like â€œyouâ€• again.

Consider Hormone Testing

Lack of energy or motivation can stem from a variety of different things, but it could be a deep-rooted health issue that you arenâ€™t even aware of. If you have recently experienced signs of fatigue, low sex drive, weight gain or a depressed mood, it may be a sign of male hormone imbalance. Seeking out medical advice from a professional can help you diagnose the problem quickly and find a course of treatment that is effective for you. Although this might feel like a huge step to take, it will be worth it in the long run when you feel more energetic, enthusiastic and positive about everything in your life again.

Focus on Your Relationship

If you have a romantic partner, your lackluster attitude towards life may be because you havenâ€™t spent enough quality time with your other half. Now would be the perfect time to go on a date night, spend real time together and refocus on whatâ€™s important to you both as a couple. As parents itâ€™s so easy to get swept up into the whirlwind of having children that you forget your true connection and why you chose each other as life partners. Think about some fun activities you can do together and enjoy spending quality time as a pair again.

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Try Meditation

When you meditate regularly, it can actually increase your energy levels and give you more clarity on who you are as a person. Allowing yourself to sit with your thoughts and feel the silence around you is a beautifully powerful thing that not enough people know about. Give it a try for yourself and you will be grateful you discovered meditation!

Hopefully, you can use some of the following ideas to change your normal routines and rediscover who you really are as a person. For so long you have worn the dad badge with pride, but you canâ€™t forget who you are as an individual. Whether youâ€™re nurturing your relationship with your partner more, starting a hobby that you have always loved or simply starting a new and enjoyable morning routine, there are so many different options you can try. Donâ€™t be afraid to take a step back, ask for help and allow some time for yourself to grow as a person. Once you are back on track again, you will be so grateful for all of the positive steps you have made.

All in all, being a dad is one of the most rewarding jobs you will ever do, but if you donâ€™t have your unique mojo you wonâ€™t be the best parent you can be. Rediscovering your mojo again will help you to feel positive, energetic and joyful everytime youâ€™re around your child which will benefit them immensely both now and in the distant future!

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