

## Taking Care of Ourselves as We Lay Down Our Lives

By Christine Gayfer

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### Looking After Our Bodies:

- Trim Healthy Mama by Serene Allison and Pearl Barrett – this has been an excellent resource for us. The price tag may seem a bit steep, but this is truly 2 books in one – a book about the method as well as a cookbook. They also have several very helpful and active Facebook forums for support.
- Protein Shakes to Try:
  - <http://www.gwens-nest.com/family-favorite-recipes/thm-peppermint-chocolate-chip-milkshake-recipe/> I think this is my all-time favourite
  - <http://dashingdish.com/recipe/snickers-protein-shake/>
- Meal Planning:
  - <http://www.plantoeat.com/>
  - <https://relishrelish.com/>
  - <http://gnowfglins.com/>
  - <http://www.intentionallydomestic.com/>
  - <http://savingdinner.com/>
- Not Your Mother's Make Ahead and Freeze Cookbook by Jessica Fisher
- Fit2b.us – My favourite. The owner, Bethany Learn, is a fellow Christian. She specializes in tummy-safe fitness (meaning that it will assist you in healing a Diastasis Recti and will not make it worse) and dresses modestly. Membership, which is about \$10/mo entitles you to all the videos as well as access to an active and helpful private member's forum.
- [www.fitnessblender.com](http://www.fitnessblender.com) – Free! Search hundreds of workouts by type, difficulty level, time, equipment, etc.
- <http://thehealthyandfithomeschoolmom.com/> -- Free! A daily workout that is 30 minutes or less hosted by a fellow homeschooling mom.
- <http://breakingmuscle.com/mobility-recovery/this-year-exercise-less> -- on understanding the difference between movement and exercise by Katy Bowman of Restorative Exercise.
- <http://www.alignedandwell.com/shop/down-there-for-women/> An excellent dvd for women with a variety of health concerns, including Pelvic Organ Prolapse. This is completely G-rated and will not embarrass you in front of anyone.
- <http://fit2b.us/how-to-check-for-diastasis-hd/> Physiotherapist, Kelly Dean, shows how to check yourself for Diastasis Recti.
- <http://thetummyteam.com/> Online core rehab for those struggling with Diastasis Recti. Presented by physiotherapist, Kelly Dean, a fellow Christian mama.

### **Looking After Our Minds:**

- <http://www.thebettermom.com/2013/02/05/15-ways-moms-can-fit-more-reading-into-their-day/>
- Managers of Their Homes and Managers of Their Chores by Steve and Teri Maxwell and the accompanying software: <http://schedulebreeze.com/> and <http://www.chorepacks.com/>

### **Looking After Our Spirits:**

- How to Hear God's Voice by Mark and Patti Virkler
- Desperate: Hope for the Mom Who Needs to Breathe by Sarah Mae and Sally Clarkson – so incredibly spirit-filling that it is too difficult to put on paper
- Plus, anything else written by Sally Clarkson, frankly.
- <http://www.aholyexperience.com/> Blog by Ann Voskamp that is always refreshing and nourishing