

3 WAYS TO FIND BALANCE

AS A CAREGIVER WITHOUT LOSING YOURSELF

by

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The world was spinning, and I felt like I was drowning.

Four kids under four. A girl and three boys. Life was a blur, a constant cycle of feeding, changing, and calming restless little ones. But the real challenge was my two middle boys, born with FEVR, a rare eye disorder that meant their vision was slipping away.

Each day was a new struggle. Keep up with eye surgeries, manage endless appointments, juggle everyone's needs. It felt like there were never enough hours. Especially with my younger disabled son, who also faced developmental delays and, at seven, a frightening brain infection. His behavior changed overnight—psychotic episodes, seizures. Unexpected challenges stacked on top of each other. I felt overwhelmed and lost.

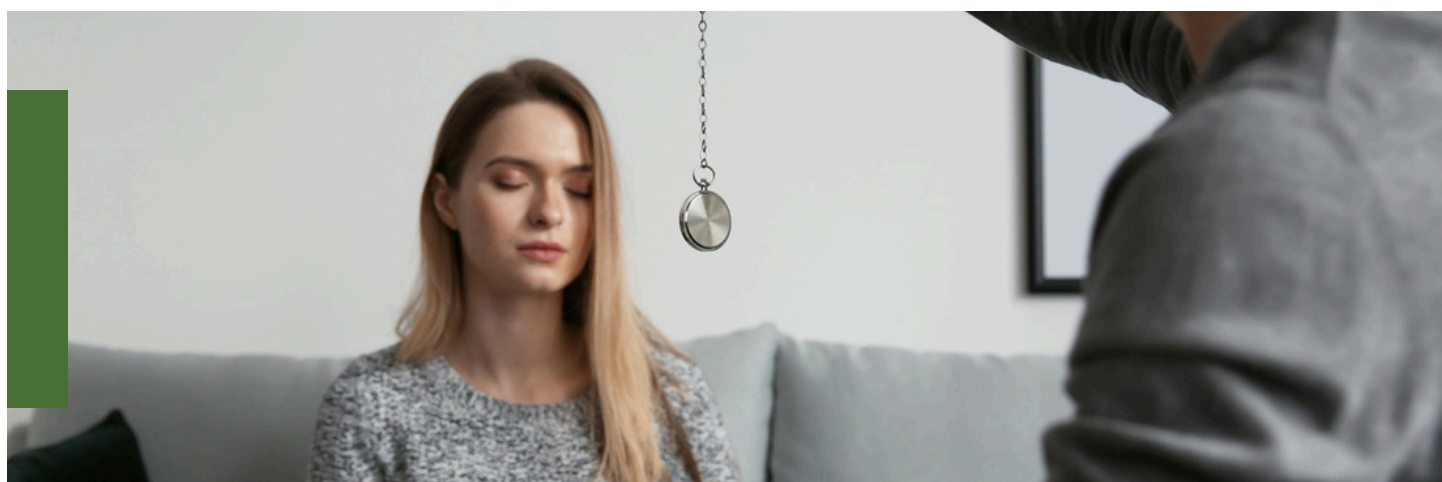
Exhaustion was my constant companion. I was up with my boys at all hours, guilt keeping me awake even when they slept. Was it my fault this was happening? I didn't have time to think about it—just survive another day. One afternoon, my sister came over. “You need help, Mary Beth,” she said. I broke down, admitting I'd been crying for weeks. My weight had dropped. She convinced me to see a therapist.

The therapist listened patiently, then nodded. “You're not depressed, Mary Beth. You're worn out. Stress like this can be dangerous.” He suggested a relaxation seminar at the local college. The turning point: I finally signed up for that weekend seminar. I sat in a quiet room, learning relaxation techniques that seemed so basic but felt like a lifeline. During nap times, I practiced. It was hard at first—my mind wouldn't stop racing. But slowly, I learned to calm down.

That seminar was my wake-up call. I started managing my time better. I got a calendar, wrote down appointments and to-dos. Little wins like keeping a healthy weight and feeling more energized began to pile up. It wasn't easy, but I felt better equipped to handle my days.

Now, life isn't perfect, but it's manageable. That feeling of being stuck underwater has lifted. Why am I sharing this? Because I know you might be facing a storm of your own. And there's relief ahead.

Stick with me—so much more awaits in the pages that follow.



TIP 01:

FIND PEACE THROUGH PROGRESSIVE RELAXATION



Let's start with something that can make a huge difference:

progressive muscle relaxation. This technique is more than just another breathing exercise; it combines sensory-enhanced hypnosis for magical results. The idea is to focus on different muscle groups, letting each become heavy and relaxed. A little soft music and slowing your breath can also help. Just dedicate ten minutes to this, and you'll find that it changes how your body handles stress.

Think of it like tuning an out-of-sync radio. Your body is bombarded with static and noise from stress every day. But what if you could turn the dial down, filtering out that noise? Progressive muscle relaxation is that tuner. It's a method to realign your body and mind, helping you keep the chaos at bay.

Here's something to remember: "Relax, and watch the world slow down." It's simple, but you'll find it's a game-changer.

Take one of my clients, for example. She was caring for her demanding mother, feeling buried under stress. We started with sessions on muscle relaxation techniques, and it was like night and day. After just one experience, she reported sleeping better, and not waking up with those awful tension headaches. Even her IBS symptoms started to calm down, which was a surprise bonus. But it wasn't just the physical benefits. She mentioned how she felt a lot more at peace and her patience with her mom grew. Suddenly, there was room for kindness. Just having those moments to herself made a world of difference. So, what's the takeaway here? By giving yourself even a few minutes a day to relax deeply, you're doing more than just calming your body. You're setting up a shield against the day's challenges, ready to handle what comes your way with a clearer and cooler mindset.

Remember, "Relax, and watch the world slow down." It's more than just a phrase; it's a life line you can hold onto when the waves get rough.

TIP 02:

TAKE A MENTAL VACATION ANYTIME



Here's a quick trick for those busy days: the "Mental Vacation."

Find just three to five minutes, then close your eyes.

Picture your happy place—a beach, a mountain top, or that cozy corner of your home.

Let your mind sink into that spot, taking in everything you'd experience there. Hear the sounds, feel the warmth, catch the scents, maybe even taste something you love. For me, it's all about the Dominican Republic. I'm on the beach, waves gently crashing.

The sun warms my face, and the salty breeze mingles with the air. I'm at peace. This little trick, this mental escape, can change your day, lifting your spirits and helping you keep calm in the chaos. Think of it like rebooting a computer when it gets sluggish. Sometimes, just hitting reset can clear everything up. You need a few minutes to mentally reboot and tackle your challenges with fresh energy.

Remember, "Take a step back to leap forward."

Meet Sarah.

Sarah juggled a lot—caring for her two adult children with disabilities, running a side business. It was wearing her down. She'd often lose her cool, snapping at her kids and getting into arguments with her husband.

Guilt would hit hard afterwards, leaving a lump of regret.

During one session, I introduced her to the mental vacation.

Simply close her eyes, slip into her favorite place in her mind.

Two weeks later, Sarah was different.

No more arguments with her husband. Her patience with her kids returned.

Even they noticed, saying, "Mom doesn't get mad at us anymore!"

The peace Sarah found was simple yet powerful.

This simple technique helped her regain control. Just like that.

So, whenever you need it, remember: "Take a step back to leap forward."

Just a few minutes, and your day can change for the better.

TIP 03:

HARNESS THE POWER OF POSITIVE SELF-TALK



Consider this: what if the way you talk to yourself could change the way you feel every day? It's true. Your self-talk has the power to influence your emotions and, ultimately, your health. So, let's explore how changing the script in your mind can keep you grounded when life gets tough. We all do it—those moments when stress takes over, and we find ourselves muttering things like, "I'm so tired," or "This is impossible." But here's the kicker: those words aren't just throwaways; they're instructions to your subconscious. You're telling your mind how to respond, sometimes without even knowing it. Think of our minds like a garden. Negative talk is like throwing weeds everywhere. But if you plant positive seeds, like a simple mantra, your mind can start to thrive. Say something like, "This might be tough, but I've got this." It's a powerful way to shift your mindset to a more positive place. Let me share a story that might sound unbelievable but is true. Meet Sandra. She was devotedly caring for her mom with stage-four lung cancer. When she first came to me, she joked—and I use that term lightly—about her life being a "pain in the ass." Over time, she developed sciatica. Coincidence? Maybe not.

Sandra also said, "This is making me sick" more times than she could count. Funny enough, she was constantly battling colds. During one session, we practiced "reframing"—a method of altering how you talk about your situation. She learned to replace those negative endorsements with supportive self-talk. A month later, she noticed something amazing. Her sciatica eased, and those annoying cold symptoms weren't coming back. Over a few sessions, she changed the way she communicated with herself, and her body followed suit. So, what should you take away from Sandra's story? Positive self-talk isn't just warm and fuzzy nonsense; it's real power. It's about treating your mind to a script it can thrive on.

As I always say, "The words you speak can grow your world or shrink it." Adopt a mantra that reflects strength, not defeat. Next time you catch yourself saying, "I can't take this," switch it up. Remind yourself, "I've got this handled." You'll notice that positive self-talk goes a long way in helping life feel a little less chaotic.

So grab hold of this technique. It could be the change that helps you nurture resilience and brighten your day-to-day life. Remember, the script you feed your mind changes the plot of your day.

WHERE DO WE GO FROM HERE?

Thank you for taking the time to read and explore these strategies for finding calm and control in your caregiving journey. If you found value in this guide and want even more personalized support, there's an easy next step.

If you're ready to tackle overwhelm and stress, and gain the ability to be both resilient and calm, consider signing up for a free 20-minute mini-session. In this session, we'll work together to craft a detailed blueprint that helps you become the person you want to be—for yourself, and for those who depend on you.

And the best part? You'll learn techniques like using self-hypnosis for self-care, setting boundaries, and time management, all vital tools for enhancing your life. Self-hypnosis calms your mind, improves concentration, relieves stress, boosts creativity, and enhances your sleep and overall quality of life.

This is your opportunity to create positive change and step forward with confidence. If you're ready to embrace these benefits, schedule your free mini-session today and start your journey to better days.



FINAL THOUGHTS

The sewing machine whirred as I stitched together fabric pieces, my mind a million miles away. High school had taught me the basics, and I'd dabbled here and there, mostly crafting pajama pants for family. It was a cozy little tradition, but nothing more.

Then, my friend—an avid quilter with way too much energy—nudged me, "Come on, try quilting. You'll be amazed how addictive it is." She might as well have dared me to run a marathon. Quilting seemed like rocket science compared to my pajama projects.

Yet, under her guidance, we tackled my first quilt. It was just for a baby, so no one would notice if a square or two was off-kilter, right? But then something unexpected happened. As I pieced together those tiny patterns, a new love for creation took root.

"Wow, I actually made that," I laughed, unfolding my first quilt, the fabric squares neatly lining up like little soldiers in formation. My friend grinned back, "Told you so."

It wasn't long before quilting became my sanctuary—a patchwork of peace in my chaotic world. Those moments taught me an essential lesson: taking action, even small steps, creates big rewards. Had I stayed comfy in my pajama pants routine, I'd have missed out on this new joy.

Here's the thing: it's tempting to do nothing. Life's stresses can paralyze us, keeping us from trying new things. But those who are brave enough to move forward deserve the magic that follows.

Just like I took the leap into quilting, you can dive into managing stress and reclaiming your life. And it's simpler than it sounds. Why not take the step and sign up for the free 20-minute mini-session? Together, we can create a blueprint that builds your resilience and calm.

If there's one takeaway from my adventure, it's this: take action. Whether it's quilting or mastering self-care techniques, do something that moves you forward. The rewards are just waiting for you.

Remember, if you're ready to take control and find peace, sign up for that session today. But even if sewing quilts isn't your next calling, I urge you to try something. The difference could be life-changing.



ABOUT THE AUTHOR

MARY BETH HOBSON

CHANGE YOUR LIFE – LOVE YOUR LIFE!

Hi, I'm Mary Beth Hobson, a Certified Hypnotist and Reiki Practitioner who specializes in helping caregivers find relief from stress, exhaustion, and overwhelm. I know firsthand how caregiving can consume every ounce of energy you have—because I've been there.

Juggling the needs of my own family, including children with complex medical conditions, left me feeling drained and lost. But discovering hypnosis and relaxation techniques transformed my life. Now, I help others do the same.


Using a powerful blend of hypnosis, energy work, and subconscious reprogramming, I guide caregivers like you to reclaim your calm, reset your mind, and restore balance—so you can take care of yourself while taking care of others.

You don't have to drown in stress. Relief is within reach. Let's get you back to a place of clarity, peace, and strength—even in the midst of chaos.

Ready to start? Book a free 20-minute mini-session and discover how hypnosis can help you regain control and inner peace.



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Mary Beth is certified by the International Federation of Hypnotists. She also has earned a B.A in Psychology/Mental Health from Governors State University and is a Reiki Practitioner.