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### Self-Care for Busy Parents

Parents can be horrible about caring for themselves. In this Zoom Connect, Amy Nolan focuses on ways parents can lead a more balanced life and practice self-care “from the inside out, not the outside in.”

Amy begins by sharing her own story of moving from a place of being overwhelmed to one of purpose, freedom, and joy. She then details three avenues to self-care:

- Knowing – Getting off “auto-pilot” and becoming aware of what is happening in your life.
- Being – Getting in tune with what you’re thinking and how “self-talk” is impacting your life.
- Doing – The actions you take and your reactions to things that happen.

Amy is life coach, therapist, entrepreneur, creative soul, and mom of three, including twin sons. The blogs and information on her website, <https://lifedesignbyamy.com/>, are her way of helping others “keep it real while helping you fill the gap between where you are and where you want to be.”

The Wheel of Balance worksheet that Amy references in the presentation can be found on her website at: <https://lifedesignbyamy.com/balance/>

This zoom forum was held January 8, 2025.  
Click on the link below to listen in.

<https://us02web.zoom.us/rec/share/7jUt0BZAowM0jjgT-zCXp6lml9bB7vf15uBC-jl7bDCR9vb2k5jSiPr585cbXrJg.yULIKyTy2MIDo3KZ?startTime=1736387007000>

Passcode: gfsV+1D5

**Enjoy!**

Email us at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) with questions or comments.  
Look in the Members’ Only section to register for an upcoming Zoom Connect.

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**CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES**

*(Also known as the National Organization of Mothers of Twins Clubs)*