

NEED TO CONNECT



UNIT 1

Support and appreciation

Training flipped material

Connection, social skills and motherhood

Project Nr. 2021-1-IS01-KA220-YOU-000028985



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The need of human connection

Human connection is the sense of closeness and belongingness a person can experience when having supportive relationships with those around them.

Social connections can offer a number of mental health benefits, such as improving your mood, reducing stress, and improving self-esteem.

Human connections are always needed but specially in the transition of motherhood, where new fears and situations in life may appear.



The need of human connection

Support groups may also be a beneficial first step toward this connectedness, and if this group is with other new mothers will be specially beneficial.

Knowing you aren't alone and others also have trouble cultivating relationships can improve your outlook on forming connections in the future.

In the next video you can explore the importance of this connection:
<https://www.youtube.com/watch?v=WKUgVpCqvfY>



How to connect?

Social connection is very necessary but can be sometimes tricky or difficult for some reasons.

Social connection can look different for everyone. If you're an introvert, it might be overwhelming trying to find ways to be more social.

In the next video, Soraya explores the diversity of human personalities and cultures regarding connection:

<https://www.youtube.com/watch?v=4JNElVrSTjs>



The transition to motherhood

The transition to motherhood can become a tough time regarding social relationships and human connections because the baby is very time demanding.

Also is difficult because of the new feeling the mom can have after having the baby, the change of hormones and the new setting of their lives.

A new way to think about the transition to motherhood:

https://www.youtube.com/watch?v=jOsX_HnJtHU



The transition to motherhood

Mothers need several things in their lives in order to experience happiness and help prevent loneliness and depression.

The power of social connection and friendships is a key component to a mother's well being and quality of life.

It is very important to have in mind the possible burnout that can happen in the motherhood process and its related issues, including anxiety, depression, and divorce.

How Addressing your issues around this topic will help you:

<https://www.youtube.com/watch?v=MwvctN3Uejg>



The transition to motherhood

Dr. Sheryl Zieger from the last video wrote the book:

Mommy Burnout: How to Reclaim Your Life and Raise Healthier Children in the Process

<https://www.amazon.com/Mommy-Burnout-Reclaim-Healthier-Children/dp/0062683683>

“The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the "perfect mom," filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause”



The happiness of motherhood

Even if you have tough times becoming a mom, for sure you will have lots of happiness. All feelings are welcomed in this new stage of your life.

But apart from that, you are more than a mother, you are woman, a sister , a daughter, a professional and anything you want if you believe in yourself and have the right tools and the motivation.

I'm More Than a Mother:

<https://medium.com/invisible-illness/im-more-than-a-mother-db09ab746b93>



Further resources

For women in pursuit of motherhood and a career
<https://www.youtube.com/watch?v=qZJSFQjMQak>

After baby, don't bounce back. Bounce forward!
<https://www.youtube.com/watch?v=qBVFJYdWses>

The cost of idealizing motherhood
<https://www.youtube.com/watch?v=XIC8XqTSLUE>

How moms shape the world
<https://www.youtube.com/watch?v=eSwg04B81YM>