

# *How to Get Out of the Cranky Mom Mood*

## Love More Live Blessed

### 1. GET YOURSELF READY

Looking good will make you feel good. Getting yourself ready: hair, makeup and a nice (or comfy) outfit will do wonders for your mood!

I know for some of us moms we may not be in a season of life where we want or can spend time getting ready. I know I've had many seasons in my life where I didn't make time to put my best face forward. Let me tell you, it's worth it getting ready daily. It's worth it for my self-care, for my mental health and so that I love the reflection I see in the mirror daily.

### 2. DON'T OVERTHINK RIGHT NOW

When you are already in a cranky mom mood it is not the time to start thinking about everything that is bothering you about your kids, your house, your husband, your work.

When you are in a cranky mom mood now is NOT the time to get mad about everything that isn't done. Let it go.

Instead of letting all the annoyances and irritations pile up throw some self-care at yourself first!



### 3. DO SOMETHING THAT MAKES YOU HAPPY

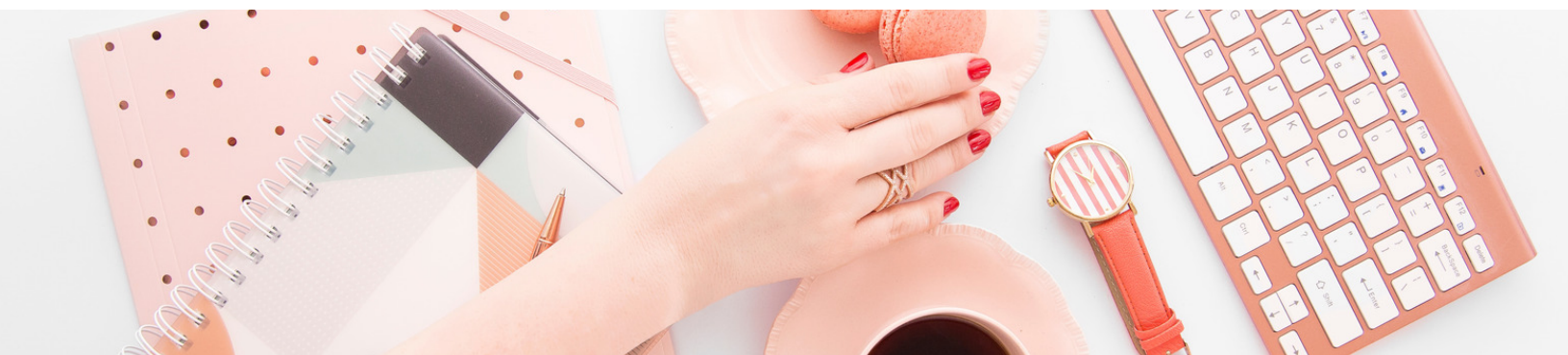
Things that make me happy include working on my blogs, recording for the Love More Live Blessed Podcast, organizing, or binge watching a new show, (especially murder mysteries and documentaries) and reading.

What makes you happy? Is it going out and grabbing a coffee? Walking around your favorite store? Maybe you can call a friend that makes you happy or makes you laugh

### 4. TAKE A BREAK FROM SOCIAL MEDIA

Taking a break from social media is a must when you're not in the best mood. When you are cranky you're gonna play that comparison trap game and it's going to make it worse because you're gonna come across that Pinterest perfect mom or perfect Instagram mom and you're just gonna compare, compare, compare and it's not gonna be a good thing.

This is also not the time to talk to your real life friends who are always complaining, negative. If you've got a friend and it seems like she ALWAYS has issues – do yourself a favor and don't answer her phone call when you're in a bad mood.



## 5. BE HONEST – LET YOUR FEELINGS OUT

This is typically what I say when I'm in a bad mood, "I'm not in a good mood right now, this has nothing to do with you, I just need some time." A lot of time this works and my older kids can understand how I feel and give me some space. This even works with my 5 year old (sometimes).

I find that being honest is better than letting all of my emotions pile up and then dealing with a melt down later.

## 6. DON'T BEAT YOURSELF UP

This is the simplest tip. We're always going to have times in our lives when things bother us.

But don't beat yourself up for being cranky, don't ever beat yourself up for not being positive. Life happens in seasons and instead of wasting time worrying about the past, beating yourself up for how you acted think this instead: What can you do to move forward now? What is the next best step that you can take?

Find more positivity and family posts on the blog at [LoveMoreLiveBlessed.com](http://LoveMoreLiveBlessed.com)

