



Be Healthy, Be Active, Be Inspired



Finding balance as a busy working mom

In the past, Picabo Street's time was spent focusing on winning gold and using visualization to achieve it.

Now, she's a mom striving to find balance with a busy schedule. Picabo shares tips on how she wins "me-time."

Visit **Be Well for Life** for more videos and tips:
libertymutual.com/bewellforlife.

Finding the time:

- Create support with neighbors
- Put "me-time" on the calendar
- Get organized
- Ask for help
- Make lists
- Share ideas with friends
- Childcare exchange

Tips to relax:

- Read a book
- Get a massage
- Trade date nights
- Practice meditation
- Take a bath
- Find time to exercise

be inspired tips

