

How to Be Mindful When It Comes to Relationships and Love



By Lisa LaBelle for [Hope After Divorce](#)

Relationships and love begin at a young age for many of us, long before we are adults. Luckily, there are words of dating advice, guidance, and wisdom we can share to help each other through these sometimes murky waters. After all, we are all navigating our way through relationships – whether they be family, romantic, or platonic – in one way or another.

The Importance of Mindfulness in Relationships and Love

One specific word I find essential, helpful, and a miracle worker when it comes to relationships and love is “mindfulness.” Why? Here’s a broad definition that will hopefully answer this question:

Mindfulness means to consciously paying attention to what you are experiencing (feeling and thinking) as it’s happening. You must be in the present moment within your mind. It means to be fully anchored in the moment, leaving what has happened in the past or what’s lying ahead in the future. To be mindful means to be aware of your thoughts and emotions and then to choose how to behave and respond through your words, actions, body language, etc. It means to recognize others around you as they are without judgment.

Related Link: [Changing Your Life in Those Quiet Moments](#)

A positive consequence of being mindful is feeling peaceful rather than overwhelmed by your thoughts, memories, emotions, worries, concerns, fears, or distractions. In addition, mindfulness gives you the authentic feeling that you are the captain of your own ship; you are responsible for your own life and the choices you make. You gain your own power, which is essential to living an authentic life. This includes making positive decisions when dating, whether you’re playing the field or in a romantic, committed relationship.

Celebrity Exes Nick Cannon and Mariah Carey

Unfortunately, Nick Cannon and Mariah Carey weren’t able to practice mindfulness in order to rebuild their marriage. After a lot of ups and downs, the comedian filed for divorce. Now,

the celebrity exes will begin a new and significant journey of co-parenting. Hopefully, they will realize the importance of working together, supporting one another, and doing their individual parts to raise their children peacefully. It will be essential for them to be mindful of their own thoughts, actions, behaviors, responses, decisions, and choices for their own well-being and that of their beautiful children.

Mindfulness is naturally becoming a common practice among health and wellness professionals, counselors, relationship experts, and life coaches. You can clearly see why in the description above. If you wish to have a healthy relationship and love, choosing to be mindful of your own thoughts, actions, and feelings each day will be a significant benefit for you and your partner. Remember, you are 50 percent of a relationship. Your other half must also do their part to mirror your practice of being mindful. When we are mindful of what is going on around us and how we are choosing to respond, feel, think, and behave ourselves, we are likely to feel more connected. We engage in healthier and happier patterns of behavior. These positive patterns will serve us well if we will do our part to practice mindfulness, so make it a daily choice.

Related Link: [5 Ways to Turn “Me” to “We”](#)

Our brains are powerful. It is up to us to guide them in a positive direction. We each have the innate power to literally change the way we think. Hopefully, celebrity exes Cannon and Carey will choose to be mindful as they become co-parents for years to come. Begin to be more mindful, and see how your own relationships and love life will evolve and change for the better. It starts with YOU!

For more information about our Hope After Divorce relationship experts, click [here](#).



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Simple Survival Tips for Single Parents





By Lisa LaBelle for [Hope After Divorce](#)

Being a divorced, single parent can be overwhelming. If you are the primary custodial parent, you have a great responsibility to teach and raise your children in a positive, well-structured, healthy environment. You set the example; you set the tone in your home for your children to exemplify and follow. Giving your children the attention and support they need is not for the faint of heart. The reality is you are doing the job of two parents, and most of the time, it's by yourself.

In light of recent cheating accusations, Kendra Wilkinson and Hank Baskett are possibly considering divorce, which means they would be looking at many years of co-parenting their two young children as a divorced couple. Hopefully, these rumors aren't true. If they are, implementing simple survival tips for single, divorced parents would be essential for this couple to refer to and follow.

Here are some helpful tips when facing the challenges of parenting and co-parenting after divorce:

Let go and accept your new reality: It's important to let go of the need to be a perfect parent, especially being single and divorced. You're fulfilling the responsibilities of two parents for your children, so give yourself a break and be willing to accept your new reality. It's okay to "let go." You will hopefully be co-parenting with your ex-spouse, but still, the day-to-day responsibilities of parenting will be a heavy load to carry.

Related Link: [How to Date When You're a Single Parent](#)

Develop a support system: Be sure your support system is a high priority for you and your children. Your family, true friends, your children's teachers, etc. will be a great help to you. Let them be there for you as you move through the healing process and rebuild your life. You need others, and they also need you. Remember that you're never alone!

Everything will be okay: Be kind to yourself and trust that everything will be okay. You can and will get through it and heal. Look for and focus on the good things in your life. Think positive thoughts and trust yourself as you begin making new decisions as a divorced, single parent. You are stronger than you realize!

Take time out for you and your kids: Once a week, get a babysitter to come over and give you a break. Go out alone or with friends to a good movie, a concert, or a favorite restaurant. The time you spend with your pals will be good for your emotional and mental wellbeing. Having an hour alone to exercise each day is also important for your overall health as you carry out your responsibilities of being a single, divorced parent.

Along with taking time out for yourself, make sure to spend time playing and relaxing with your children each day. Keep building your relationship with them, nurture them and listen to what they have to say. Encourage them to use their voices.

You are all in this together!

Related Link: [Best Dating Tips for Single Moms](#)

Make your home a peaceful place: Make it comfortable and happy, keep it clean, and make it a reflection of you. For example, paint each of your rooms a new color and go to a flea market where you can find “cool stuff” for decorating. Have house rules that you and your children agree on and follow together. Choose chores for your kids to do. It will give them increased self-confidence and appreciation for your home, and they will learn the importance of working together to make your house your sanctuary. Keep your own room neat and comfortable. You also need a retreat, a quiet place where you can rest, meditate, and be rejuvenated.

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