

## Maternal Bliss is a Myth

Magazines, Instagram pictures and television programs often portray blissful new moms with perfect hair, smiling faces and a happy content baby. For most moms, nothing could be further from the truth. *Maternal bliss is a myth.*

It is not possible to completely prepare for motherhood. Pregnancy, the birthing process and the scary task of caring for a baby tires and overwhelms most moms.

In their book *Good Enough is the New Perfect: Finding Happiness and Success in Modern Motherhood*, the authors stress the need for new moms to forget perfection. Their survey of working moms found that those with a “good enough” mindset were happier than those with a “never enough” attitude. We simply do not have to be the best at everything.

Unlike moms of past generations who kept their true feelings hidden, many of today’s moms share their real story. In that sharing, moms can let go of their guilt. Admitting struggles sets them - and other moms - free.



As a new mom, know that:

- The motherhood experience is highly personal,
- Some days are better than others, and
- *You are not alone.*

TO LEARN MORE

- Visit <https://blogs.webmd.com/art-of-relationships/2018/10/why-we-shouldnt-expect-new-motherhood-to-be-blissful.html>

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