



Christine Alisa, M.S.

Peace

Through

Metamorphosis

How to Practice Self Care by Communicating with Your Teenager:

Excerpts from *Your Amazing Itty Bitty Communicating With Your Teenager Book: 15 Essential Steps to Creating a Better Relationship with Your Teen*

A key ingredient needed for today's woman who is juggling career, home children and independence is to engage in healthy self-care.

Raising Children is a beautiful experience, but it also is demanding and can often put mothers out of balance. Today's mothers are often super moms doing everything because they want the best for their child and families, but they lose their sense of equilibrium. They have a career and want to succeed in their business as well but end up feeling stretched in too many different directions.



In order to have more balance in one's life it is important to nourish ourselves. All of us get depleted and stressed and feel like we are not doing a good job with any of our roles. Filling ourselves back up gives us the energy to give to others. The old adage "When Mom is happy, everyone else is happy" really is true.

There are some important lessons of life that we can use with our families and teenagers that also work well with our businesses and careers. Putting some new practices into our lives gradually **creates more balance, freedom and confidence.**



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Here are **5 self-care tips** for mothers with careers who have teenagers in their home to build confidence and independence:

1. Be authentic and truthful with yourself about your own limits.

Express your limits to your teenager and family members. Tell them what you can and are willing to do in the household and what you need them to do is essential. A family is a system, a group that contributes to the chores and responsibilities of family life by working together. Not one person is responsible for everything. When you are honest with your own limits, feelings or behaviors, you model those for your children and you free yourself to accomplish more in your career.

2. Improve your communication with your teenager by setting aside quality time to really listen to your teen.



Teenage years are challenging and emotions can run high. Remaining calm and becoming a 'sounding board' for your teen creates closeness, security and self-confidence in the parent and the teen. The pure act of listening without judgment or advice is a gift and a skill to use in business as well. If you learn to listen to your business partner, customer or client you create a trusting relationship that builds a positive reputation. Practice listening to

your teen and you will build the skill of active listening in the work environment. Your confidence will build when you are in service to others.



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3. **Spend the time to nourish you** is a great act of self-care.



Outlets for your own emotions such as exercising to release tension, stress or anger, writing in a journal or talking to a good friend are all excellent ways to practice self care. Taking time to breathe, move around, sing, dance even for a few minutes rejuvenates.

4. **Find playful activities that fill you.**

Bring your inner child or teenager out and have some fun. More innovation takes place in business when you engage in play. Having fun with your teenager (even though he may fight it) takes the pressure out of the relationship and allows your mind to be more creative in your career. Some of the most creative business innovators started out with a playful idea. Your brain will thank you.





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5. Give yourself a break.

When you feel overwhelmed, stop and shift your energy. Incorporating brief grounding and meditation exercises throughout your day replenishes for the next task or project. Give yourself and your family experiences to look forward to that you enjoy and make those plans fit into your calendar. Take a break from pressure, expectations and self-judgment and focus on visualizing what you want.



Confident Women are not always in balance in the moment, but when they discover they are out of balance they do something about it. This is my invitation for women striving for confidence, independence and balance: Try some of these tips and notice the changes inside of you and in the people around you. Your influence will touch others and enrich their lives as well.



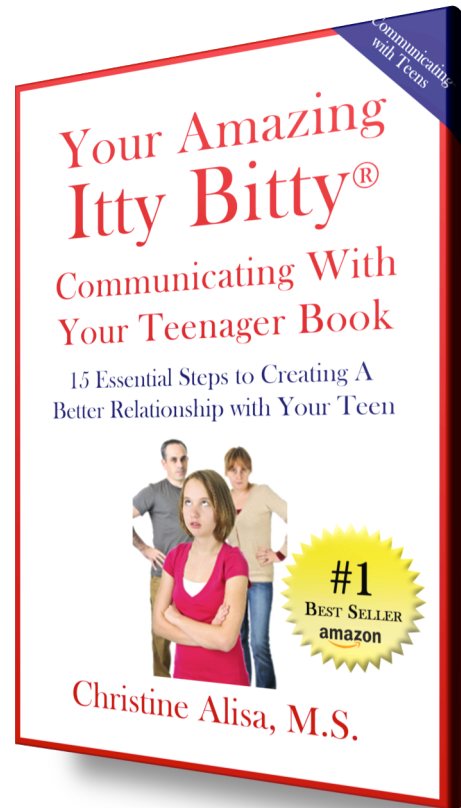


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Your Itty Bitty Communicating With Your Teenager Book: 15 Steps to Creating A Better Relationship With Your Teen is a #1 Amazon Best Seller and must have handbook for families who have a teen in their life.

Now is the opportunity to make a difference in you and your teen's life. My gift to you is a:

**Complimentary Harmonious Family
Discovery Session and a Grounding
Exercise & Self-Care Meditation MP3
BONUS!**



[Click below](#) below to get instant access to the **FREE** Harmonious Family Discovery Session. Build the foundation for a close and lasting relationship and guide your teen to become a successful adult NOW. Simply enter in your name and email below to get instant access. Grounding Exercise and Self-Care Meditation MP3 will be provided as part of this Bonus.

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<https://soundcloud.com/christine-alisa/guided-meditation-connecting-to-spirit>



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Visit her at www.peacethroughmetamorphosis.com

Check out her book at: <http://booklaunch.io/chrisalisa/itty-bitty-15-steps-book>



Christine Alisa, M.S.

Christine Alisa, M.S. is a traditionally based clinician and an Alternative Therapist. Her innovative work with adults, families, children and therapists moves people through an effective transformational process uncovering and clearing issues of abuse and trauma. As a Marriage Family Therapist and Alternative Therapist in private practice for over 25 years, she facilitates a process that stretches the boundaries of conventional therapy and opens pathways to new methods and solutions for impactful healing results. She is a speaker, author and has been international trainer of therapists in over seven countries for the past thirteen years.



Her vision is a world free from abuse and her mission is building a global platform of healers that make change possible. In her recent book, Christine Alisa created a must have handbook with impactful information and powerful tips on how to create more harmony in the home. *Your Itty Bitty Communicating With Your Teenager Book: 15 Steps to Creating A Better Relationship With Your Teen* is a #1 Amazon Best Seller.

Christine Alisa cultivates the confidence in parents and entrepreneurs by assisting them in uncovering previously undiscovered deep seeded emotions. She guides others in uncovering the unconscious blocks that sabotage their relationships, and businesses creating confidence and well-being.

She is the founder of Alternative Therapist Community, creating successful business models for Alternative Therapists and Healers. By helping them get crystal clear on what patterns are blocking them to achieve their thriving practice.

Visit her at www.peacethroughmetamorphosis.com

Check out her book at: <http://booklaunch.io/chrisalisa/itty-bitty-15-steps-book>