



## Working Moms : কৰ্মজীৱী সকল মা

### Managing Health While Managing Everything Else

Being a working mom often feels like handling two full-time jobs at once. Between office deadlines, school schedules, household responsibilities and family needs, there is hardly any time left for personal care. Many mothers place themselves at the bottom of their priority list. But the undeniable fact is that a mother's health is the foundation of the entire family's well-being.

One of the biggest challenges for working moms is exhaustion. Long work hours, lack of sleep and mental stress can slowly affect physical and emotional health. Constant tiredness, headaches, irritability, poor concentration and frequent illnesses are often signs that the body needs attention. Ignoring these signs can eventually lead to burnout.

The good news is that it is easy to stay healthy without dramatic lifestyle changes. Small, consistent habits can make a huge difference. Even simple steps like eating meals on time, drinking enough water and getting at least 20–30 minutes of movement daily can improve energy levels. A short walk, stretching session, or light workout at home can help both physically and mentally.

Sleep is also sacrosanct to ensure good health. Finishing chores late at night or waking up early for responsibilities can create a cycle of sleep deprivation. However, quality sleep is essential for hormonal balance, immunity, mood and concentration. Creating a regular sleep routine and reducing screen time before bed can help improve rest.



Mental health matters just as much as physical health. Many mothers silently carry emotional stress while trying to “do it all perfectly.” It is important to remember that asking for help is not a weakness. Sharing responsibilities with partners, family members or even older children can reduce pressure significantly. Taking small breaks during the day, enjoying a hobby, or simply spending a few quiet moments alone can also refresh the mind.

Regular health check-ups are also crucial. Many women ignore symptoms or delay doctor visits because they are too busy caring for others. Preventive healthcare, including routine screenings and consultations, is important for long-term wellness.

Working mothers need to understand that caring for oneself is not selfish — it is necessary. A healthy mother is better able to care for her family, succeed at work and enjoy life with more energy and confidence. Sometimes, the most important item on a busy to-do list is simply taking care of yourself.