

EP5 - Refuelling the depleted mother with Jaclyn Carlson

Laura (00:01.619)

Jacqueline, welcome to the show. I am so excited for this conversation today. I'm so excited to have you here and so grateful that we get this time together. But before we dive in, I would love for you to share what is one thing that you did this morning to set yourself up for a successful and fulfilled day?

Jaclyn Carlson (00:03.727)

Hello.

Jaclyn Carlson (00:21.454)

Beautiful. What a beautiful question. I've noticed recently I've been extremely focused on morning routines, which is fantastic. I know it's a huge shift, but the one thing I did today, which I want to do more of, is I actually threw my routine out the window and I played Candyland with my two sons. And it was so funny because I could feel myself wanting to, you know, I had my coffee and I was like, okay, I just want to...

get through a few texts, get through a few things to kind of clear my decks before the day begins. And they said, mom, can you play with us? And I just thought, these are the moments that matter. And we sat down and we played and they lit up and I actually lit up through them. And, you know, the emails were still there. The messages still, you know, are going to be answered. But the one thing I did today was yeah, absolutely just to sit and play with them, to be present.

Laura (01:12.307)

I love that. And you're right, it can be so easy to get into our to do list, even if it is a self care to do list, you know, I we all have our morning routines. And sometimes the kids wake up earlier than would be ideal. And I think in that moment, you have a choice. Do I really try and hold on to what my morning was meant to look like with white knuckle grip? Or do I release that a little bit and be present? So beautiful.

Jaclyn Carlson (01:22.541)

Yes.

Jaclyn Carlson (01:28.78)

Mm hmm.

Jaclyn Carlson (01:37.261)

Yes.

Yeah. That was great. I'm embracing this sort of loosen a girlfriend mentioned to me this phrase of loosening the grip. And for some reason it stuck with me because I'm a big believer in the surrender, like the constant surrender and motherhood and not necessarily as in the I'm giving up, but as in the sometimes we just need to let go in order to be present. And then from there, that clarity can come through. And so I just loosen the grip on all the things that my business mind wanted to get done.

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and just came back into what actually mattered in that moment, which to me was that connection, that playfulness. And from there, I was able to kind of bring that joy into the day rather than sort of tap into the to -do, the endless to -do list that we all have.

Laura (02:17.043)
Beautiful.

Laura (02:20.851)
beautiful. Surrender by far has been my biggest lesson as a mama. And it is something that comes up day in day out and you can then just that that lesson can be widespread across all aspects of your life daily. Right? Right? Yeah. But it's challenging like to surrender and to release that white knuckle grip. Yeah. It's it's an it's absolutely absolutely.

Jaclyn Carlson (02:25.675)
Mm -hmm. Mm -hmm.

Jaclyn Carlson (02:30.891)
Yeah.

Daily, hourly. Exactly. Yeah.

Jaclyn Carlson (02:45.643)
No, it's an art, it's an art of surrender.

Laura (02:50.675)
Well, wow, we went deep quickly there, didn't we?

Jaclyn Carlson (02:53.182)
Get ready, get ready, yes. Absolutely.

Laura (02:57.363)
All right, let's wind it back a little bit. You are a mama of two. You are a dedicated motherhood and parent coach, a matrescence educator, a breathwork instructor. Don't I wish our paths had crossed a few years ago when I was in the thick of being a mama.

Jaclyn Carlson (03:13.033)
Now, I, yeah, if I could go back to my past self with the skills and mindset and knowledge that I have now, I just want to go back and hug her because, yeah, if we could only go back and, you know, look back with hindsight at those early years and how much support wasn't there that I think luckily through podcasts just like this and through just a bit more knowledge in science and education around brain development and behaviour and just.

the trust in the unfolding of women and mothers. I just wish we had this support system then, but I'm just incredibly grateful that we have it now for those that are going through it.

Laura (03:49.779)
Definitely, definitely. So for those of our listeners who have not heard of your body of work before, let's go right back to the beginning because I know that your journey has not been

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linear to getting to the work that you do today. Share with us, how did you get here? Give us some insight into what your journey has looked like.

Jaclyn Carlson (03:57.897)

Mm hmm. Yes.

Jaclyn Carlson (04:04.489)

Yes, it's been a bumpy road to get here as always. So many learning lessons and dots connected. I am a corporate marketer. That was my past life. I am a digital marketer by trade. I had a beautiful career that I love in that space. And I think it was really the birth of my first son where I was very career driven, ambitious.

All I could think of was, you know, the next promotion, the next step. And I was very type A and still am. But I ever thought about was climbing that corporate ladder about, okay, that was sort of the big goal. Had my first son and it was just like I went through this complete unravelling. My identity shifted all of a sudden those goals and visions around corporate success. I was also running a side business at the time and everything just kind of began to dismantle.

which I now know, and obviously in hindsight I can see it was just this matressin's and that's, I didn't have words for it then. But suddenly, you know, the business focus and vision didn't change for me. And slowly, obviously, as I got back into the swing of things with motherhood, I kind of got back onto the corporate path, but my heart wasn't in it. There was just that little tug. And most of them, I think that I've just gone through, motherhood can kind of feel that you see so many women.

creating new businesses in those early days. And it's because we do have this creative burst, and we're in this beautiful portal of creation. But I started to feel this pull of like, I want to be able to work with mothers. This is the space for me, but I didn't know how. So for the past pretty much six years now, it's been trusting this vision of where am I going? When I found out about Matressence, it was like this light bulb moment for me. I had words to explain how I was feeling, and I was like, that's, that is what I want to be able to help support and teach women.

So I went on over the next few years to study matressence, to become a matressence facilitator. And then from there, I'm an always student, will always be a lifelong student. I started to feel this pause, curiosity to exploring not only my identity as a woman, as a mother, but then in relation to my children. So that connection with my children as I reached that sort of two year mark when they started to be a bit more verbal, to be a bit more conversational with me, they became little people.

Jaclyn Carlson (06:27.749)

they also started to talk back. So I was just like, we are entering this whole new world. My partner and I were just looking at each other going, you know, he didn't know, I didn't know what we were entering. And so that parenthood aspect really became of a fascination to me. So our attachment styles, our physical reactions to triggers. So I started studying parent coaching. So I became a certified parent coach with the Johnny Institute for Parenting.

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And then from there, I further began to get fascinated with, okay, we know how to connect with ourselves as women. We know how to look at our relationships with our children. But what happens on a physical level? What are we doing with our bodies? In women, we are so easy to shut down our feelings, our needs. And that disconnection with our bodies has become so apparent in all of the women that I work with. And it was my own experience with breathwork that I had a beautiful physical and emotional transformation through breathwork personally.

And it just became something that I was like, this is the sort of the full picture for me, is working with women on their bodies themselves, their families, all together, holistically. So it went from a corporate career working in marketing to being able to support women fully with breath and beyond. It's been an incredible, not up and down zigzag everywhere, but we've landed here and it finally feels very aligned with where I'm supposed to be.

Laura (07:53.391)

Hmm, beautiful. Thank you for sharing. When I when I heard your story, it resonated deeply with me. I mean, I was a vet for 10 years, I practiced for 10 years, and I thought I would do that forever. It was my passion, I truly felt it was what I was meant to be doing. And not long after I returned from work after having my little girl, four years ago, I was sitting with a dog.

Jaclyn Carlson (07:54.915)

Yeah.

Jaclyn Carlson (07:59.764)

you

Jaclyn Carlson (08:15.683)

Yeah.

Laura (08:22.963)

one day in a kennel as you do. I was working in an animal shelter and I'd had this moment and I just thought I am not meant to be doing this anymore. And straight away I felt guilt because there I was sitting with this creature who needed me and I felt that was what I was there to do. And there was something deeper inside telling me,

Jaclyn Carlson (08:42.566)

Mm hmm. Yeah.

Laura (08:52.979)

that was no longer it. And I'd started my personal wellness journey many years beforehand. I'd burnt out early as a young vet, mentally and physically. And so I'd already done a lot of personal development work, but it really wasn't until after the birth of my daughter that motherhood was the catalyst for me to make a massive pivot and to come out of clinical practice.

Jaclyn Carlson (09:12.834)

Absolutely.

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Laura (09:22.003)

And at the time, like we discussed earlier, I'd never heard of matrescence. I'd never heard, you know, people I, my friends never spoke about that. It was not something that we were equipped to know or understand. And gosh, I wish I'd had that knowledge. Grateful that I do today, but I just didn't. And I suppose for those of our listeners,

Jaclyn Carlson (09:37.217)

Sure, absolutely. And it's such a word that once you hear it, it's like a, you have a physical reaction to it and you can't unlearn it. And I think,

Laura (09:46.771)

who have never heard of matrescence and have no idea what we're talking about. Can you explain it a little bit more specifically about what that journey is for women?

Jaclyn Carlson (10:05.856)

This is the type of information that new mothers should be taught alongside what prams to buy and all of the, what does it get for a nursery? This is the critical. So in short, Matrescence simply describes the transition a woman goes through when she becomes a mother. Now, taking this back, it was first a term coined back in the 70s. So an anthropologist named Donna Raphael came up with this term and then it kind of sat unforgotten until a doctor named Orly Athens based out of New York,

Laura (10:11.443)

Yeah.

Jaclyn Carlson (10:34.912)

sort of brought it back to the surface and the best way I can describe it that makes sense to probably anyone is when you think of adolescence.

Jaclyn Carlson (10:52.351)

behavioural changes. That concept to us makes sense. They're going from childhood to adulthood and it's going to be that bumpy patch. Mothers go through the exact same process. We just don't acknowledge it or we don't recognize it or we don't give it that merit that will happen over years. So, matrescence is that journey and it's going to affect your physical, your mental, your emotional, your financial.

and it will affect a society as a whole. And when I found out that there was a word for it, it just made all of the feelings, that question about my identity, that push back around, bounce back culture, all of these things, it suddenly made sense to me because I was in the middle of my own matrescence, my own awakening.

It's changed everything for me. And I think the beautiful thing is, just to note really quickly, is that the matrescence doesn't just end when your baby turns one. It is an ongoing evolution. So you hit primary school, they hit teenagers, they leave the nest. Every evolution is gonna look at your new who you are as a mother and shedding that older version and stepping into the new.

Laura (12:07.571)

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Gosh, how do we not talk about this more? And I mean, obviously preaching to the converted here, this is your life's work, but it just blows my mind that there is so much information on pregnancy and conception and birthing. And of course there should be, but then as women, we go through this huge transformation. We are turned upside down emotionally, physically, hormonally.

Jaclyn Carlson (12:09.694)

I know, it's insane.

Jaclyn Carlson (12:27.614)

Mm -hmm.

Laura (12:36.627)

And it's like, you'll figure out a way to deal with that.

Jaclyn Carlson (12:41.629)

And it creates silos of silence. I mean, I think a lot of us, like you mentioned as well, like you have all these feelings, but you think no one's talking about this. So I'm going to, this must just be me. And, you know, everyone sort of sits and they talk about the baby and how are you feeling? I'm feeling fine. Whereas we bring these conversations to light and we have them that I'm not okay, or I'm questioning this, or are you feeling like this? And I think that is the key here. Is that really normalising those open and honest conversations so that we do not feel alone.

When motherhood, you know, obviously we're fed to us that motherhood should look like a certain way, it should feel like a certain way, you as a mother should always feel, look, act a certain way. And when we don't, it really begins to create a lonely and isolating experience when we are working in a sleep deprived state and we may not look the same as we used to. We love our babies, but we question, you know, what did happen to my career? What is the next step for me? We start to question everything. And that questioning is matrescence.

But without that term to attach to it, you just feel really alone that maybe I'm not doing it the right way.

Laura (13:50.419)

I'm going to ask you a question and I don't know if you'll necessarily have the answer for it, but postnatal anxiety and depression is something that as a new mother was spoken about quite a lot to me through, you know, the hospital system essentially. Do you feel that some of those emotions, physiological changes that we go through that are identified as postnatal anxiety and depression?

Jaclyn Carlson (14:05.083)

Mm -hmm.

Laura (14:20.627)

Would it be more helpful to have the conversation potentially of matrescence? Because if we can accept that these are, you know, I say quote unquote, natural changes that we go through, as opposed to saying this is abnormal, this is something that is not okay, you

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shouldn't be feeling that way. That would be a more helpful conversation to have? Or do you do you think that there's still quite a delineation between?

postnatal, for example, depression and anxiety, then I'm not sure if that's making yeah.

Jaclyn Carlson (14:50.106)

I think there's a spectrum. No, I think there's a spectrum. I think there's the, there's on the one side, obviously there is a very clinical diagnosis around postnatal depression and those that suffer from extreme postnatal anxiety, which have all been acknowledged as those are very, they're very real experiences that women have. But on that spectrum of, you know, I feel a little bit sad one day or I'm grieving a little bit. I don't know what I'm grieving for, my lost self or...

Laura (15:11.507)

Yes.

Jaclyn Carlson (15:19.097)

I'm feeling a little bit anxious because I do not understand what is happening to me. I think there's a wide spectrum of those feelings that need to be normalised. You know, you don't have to feel as a mother that every single day needs to be joy -filled and that you need to feel pleasure and happiness in every single moment. And I think when you do not feel that, you start thinking, am I depressed or am I just having a bad day? Well, I should be in bliss.

So I think there's a wide spectrum where there absolutely is a need for support and help for really severe cases. But it is normal and it is okay to have moments where you are feeling that full spectrum of emotions and that isn't discussed. So that sort of spectrum where you may not need to see professional help or you don't need to seek professional support, you just need to have conversations and your needs need to be met and you need to have those.

that support system built in around your village. And I think with that readily, that knowledge more readily available could help so many more women that just begin to question, you know, am I completely losing my mind? Because I don't know what's happening to me.

Laura (16:25.075)

Yeah, yeah, that makes so much sense. And I mean, you can extend that to not just during motherhood, can't you? I mean, it's like everyday life, it is normal to feel anxious and sad and angry every now and then. Those emotions come and go. But I think there's kind of that societal expectation that

Jaclyn Carlson (16:34.935)

Yes. Definitely. And like I said, in the world of business, you're not expected to have.

Laura (16:48.147)

know, it's bad to fail those things if we normalise and we start to talk about how you know what, that comes and goes, just like happy emotions. Yeah, they're important conversations to have.

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Jaclyn Carlson (17:04.791)

win after win after win, it's normalised that you're gonna have ebbs and flows in your business cycle. The same thing with relationships, with your partner or adult relationships. You're gonna have seasons where it's really strong and when it's not. But motherhood is held at a different, on this sort of pedestal where if it's not good and we don't portray that good mother, tapping into that good mother myth.

It's questioned, like, is everything all right? It's like, yes, we are fully human in all of our spectrum of emotions. Motherhood is no different.

Laura (17:39.251)

Absolutely. Instead of, you know, just surrendering to the season of life a little bit. And I don't mean it all to, you know, when when there are bad days, they can be so tough, particularly when you sleep deprived and you know, you have a teething baby or whatever the case may be. These are really challenging times. But yes, surrendering that that is the season for a little bit as opposed to really fighting it. And yeah, feeling like there's something innately wrong with you can be empowering.

Jaclyn Carlson (17:43.766)

Thank you.

Jaclyn Carlson (17:48.181)

Yeah.

That was challenging. Just to be seen in that difficult and challenging season, to be seen and noticed that you're not doing anything wrong, it is simply really, really hard, really hard to not have any sleep and to try to...

you know, take care of someone that needs you all the time. Like it's extremely challenging. It will be incredibly beautiful and rewarding and joy -filled and moments, absolutely. But it's also okay to acknowledge that sometimes it's going to feel really challenging.

Laura (18:33.555)

Yeah, yeah. So for those of our mommas to be listening or our new mommas or those who know a new mama and want to support them, what can we do to support mothers going through matrescence in those early days, particularly when things do feel really challenging at times?

Jaclyn Carlson (18:42.196)

Yeah.

Jaclyn Carlson (18:51.156)

Yeah, I think it comes back to me, it's like around that not everyone has the village and the sisterhood that she wants. But I think from from two things is that if it's a new mom and you are wanting to support her, like don't ask, just do. I think women struggle so much with one with not wanting to ask for help. So one, if you are the mother, it's like you need to really work on that releasing that need.

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to always do everything and allow people to help and allow yourself to ask for help. That was one of the biggest challenges for me. I was like, I'm fine, I'm fine, I can do it all. And I couldn't, I just wanted someone to help. Like it was just that push pull. But then stepping in, just go over with the meal, go over to help. Like you don't ask someone, just do. Like someone just to take charge and to hold her. I always love like to like supporting the mother rather than the baby. The baby is so flooded with attention and gifts in those days. The mother often isn't.

So really sort of shifting that post support from what does the baby need to what does the mother need, like as a societal shift, I think is so critical. So I always look at my girlfriends that might have babies now, or yes, before you might have bought like a onesie or something cute for the baby. It's like now the gifts are all now just for the mom. What does she need? Is it help around the house? Is it just meal prep? Is it something physical for her that she can actually take time to nurture herself?

for those pockets to sort of just again, be able to take care of herself.

Laura (20:21.875)

love that so much. And that's so such incredible advice to just do, you know, turn up with the mail, you know, just leave it at the front door. Don't turn up unannounced necessarily. But yeah, just just help and we don't need more onesies when we've got a new bubba. We want we crave that nurturing for ourselves and at times maybe really.

Jaclyn Carlson (20:33.106)

Yeah.

Jaclyn Carlson (20:40.145)

No.

Jaclyn Carlson (20:46.641)

And the space to listen to, I think just that, I think especially in those days, just so quick to get advice from everyone and everything becomes overwhelming. So sometimes just space to be heard and not interject with our own experience, our own post -birth journeys, just simply to hold her in her own experience for whatever it may look like, just to simply be seen and heard.

Laura (20:48.851)

Yeah, not feeling comfortable to ask for it. So yeah.

Jaclyn Carlson (21:15.44)

without judgement, without lecturing, without even any input, just that beautiful power of just holding space with someone else can be incredibly transformative.

Laura (21:26.099)

so powerful just to have someone there to listen and like you said, create the space. Absolutely. Now I'd love for us to dive into talking about motherhood a little bit more. So we've come out of those newborn days and you know, we're in the thick of it, whether it's

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with toddlers or older children. A common conversation that I still hear today is mothers saying that they feel exhausted and stretched and

Jaclyn Carlson (21:36.912)

Mm -hmm.

Laura (21:54.835)

you know, that common story of I feel as though I need to mother like I don't have a job and do my job like I'm not mothering. And I mean, I just find that so incredibly sad because mothering, you know, should be a time that we're enjoying and soaking up and being present in like we spoke about before. But many women do seem stressed. They seem

overwhelmed. How can I fit everything into my day? So I'd love for you to give us some insight. Firstly, why do you think this is the case that it is such a common theme amongst women? And what can we do as mommas to either prevent going down that pathway, or I suppose coming out of it if we are in fact already there?

Jaclyn Carlson (22:30.959)

Yeah, I think, yeah, it's a beautiful question. And I think there's two parts to it that I was addressing. One, from a larger perspective, I think society as a whole doesn't value motherhood. We don't value mothering. Like, I mean, I think,

For many of us that have grown up, we're career focused, we're used to working fully, just climbing that corporate ladder, your life switches. And now you're sort of pushed and pulled between, do I return to work? I might have to return to work, do I stay at home? Do I wanna stay at home? And there's no right or wrong, because for every woman, it's a personal decision around what her family needs, what she needs. But I think there is this huge system where we're set up to fail because...

No matter what choice you make, it feels like you're not making the right one. You're either judged one way or the other. So I think that there is obviously an incredible conversation that needs to happen, more broadly speaking, around where we value mothers, what we want them to feel and be appreciated for what they're doing. But also the support system isn't there for them in general. Secondly, what I found too is that because of all of that, women, it's hard. Like mothering is hard. Parenthood is hard.

we need to have these conversations where women are really looking at, okay, how can I ask for help? Where can I call in my village? Where can I have some really clear boundaries within my household where that mental load isn't just falling on her? Because what happens is in that, what I find the real reason that all this is happening is that she begins to feel lost. So in all of the work and all of the caring and all of the nurturing for others, the person that is...

the one that's sort of losing out is the woman. She's the one that begins over time to feel lost. Her needs basically become forgotten. She starts to feel neglected, unseen, invisible. And I think that's where I start to work with women when they've just gone perpetually through that path of just feeling lost for so long that after a while they tend, they honestly

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have forgotten who they are. And I think the first step obviously is ensuring that we value what they are doing.

Jaclyn Carlson (24:53.836)

It's those thankless tasks that feel like it's unseen and that no one notices. So setting up a system where that priority of knowing yourself and having those things that you love and knowing what your joy is, first and foremost, is going to be the first step to making sure that you don't lose yourself completely. 90 % of the women I work with when I say, okay, so what, what lights you up inside? Not just your children, not family life. I'm saying just you as a woman. And I'm met with blank faces.

and it breaks my heart. Because they don't have the time. They don't have the time to do that. And they almost have forgotten, do I even enjoy that? What do I enjoy? If I had a half a day, I don't even know what I would do.

So it's incredibly powerful to have that first look at your life and go, you are gonna be busy, you are gonna be tired some days, but at the end of the day, before we can start to look at shifting and managing and sort of how we can bring you back into the spotlight, you first need to know who you are again.

Laura (25:57.043)

So for mommas listening who are feeling depleted, this is really resonating with them, but they truly just don't know where to start. And they don't know what their joy is anymore. What would you recommend? Is a sitting down and journaling and obviously this is going to look different for every woman, but can we give some really practical tips about if you are feeling depleted.

Jaclyn Carlson (26:17.322)

Everyone.

Laura (26:24.947)

And we need to find that joy so you can look at, you know, moving out of depletion. How did they find that?

Jaclyn Carlson (26:31.497)

Yeah. So that's what, in the breath work that I do, we were able to sort of do this in a sort of an expedited way where we tap into kind of the subconscious because that's what sort of the layers of sitting deep, deep, deep in our recesses. The first step, if that's not available to you right now, it's literally just to sit in those few pockets of space that you might have. I mean, generally is a good, good activity to start. Cause again, you want to start to go without noise, without expectation, without like, okay, so I've got to get back to the gym and I've got to do this. It's like.

tapping into a bit more of a deeper layer of just sort of going, where have I lost myself along the way? Who am I? What lights me up? Where am I struggling and where am I excelling? I think focusing on our strengths is a really good place to start and just start to look at what is going on in my life and putting it down in a place on paper where you can start to see it and start to connect the dots again to go, okay, I can see that I've always put myself last.

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that's something that needs to change, I'm gonna put that to a side. When have I put myself first? If I could wave a magic wand, what would it look like again for me to feel lit up and be joyful? And how would that then impact the family? Because a lot of us then, we prioritise the, well, I couldn't do that because so -and -so has soccer that day, or I couldn't do that because I just feel too guilty. But if you reverse engineer that.

The benefit of you taking the time to find out again and do some deep exploration, whether it be through breath work, through journaling, through meditation, and I don't mean, you know, having hours and hours to sit and do all of these things, I just say that we're obviously working in a very, very small, tight timeframe. But for me, it's micro habits. It's showing up for yourself in five minute bursts here and there, beginning to make a longer term impact. That ripple effect of you showing up for yourself and you questioning your own joy,

You show up as a different person. You show up as a different woman, as a different business owner, as a different partner. And it's that version of you that is going to have a bigger impact and a more positive impact on your family. I always think of it as the ripple effect with your kids. You step into your power. It allows them to step into a different version of themselves. They're witnessing you becoming that woman who's lit up again, that woman who knows her own happiness, who's laughing again.

Jaclyn Carlson (28:53.158)

So I started to question in journaling, when was the last time I actually laughed, like full belly laughed? When was the last time I actually like enjoyed playing a game with my kids or actually being really silly and not get into the state of, but I can't do it because X, Y, and Z. Just start to try to allow yourself to go back into who am I and where did she go and how do I get her back by slowly exploring. It doesn't, it takes time.

At what point did I stop? Where do I need to go back to? What are those cool memories that I'm thinking of? When was the time that I actually felt joyful and where did I feel it in my body? And it might be a long process of healing. A lot of it is, you know, it's difficult to go back through that. Some of it might have started with birth. Some of it might have started, you know, with going back to work. They're sort of these imprint memories that we have to look back at and go, okay, this is what happened. I need to process, feel that again.

and now looking forward is like, what is the future version of me that I want to bring into this, into motherhood? Because motherhood can be challenging, it can be difficult, but it can also be incredibly beautiful and so fun. And I think that is a side of it we don't actually talk about because we're so exhausted.

Laura (30:02.963)

Yep. Yep. And, you know, whether we like it or not, I think as mamas, we're the heartbeat of the home and it ripple, there's a ripple effect out from us, isn't there? And if we are feeling depleted and not feeling joyful within ourselves, I mean, sometimes I find it frustrating that I just can't have a bad day because it does, it affects everyone else. But...

That for me personally has allowed me to release some of the guilt with self care and self love because I know that if I fill up my own cup, it's beneficial for my family. And we shouldn't

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need a reason, but for mommas listening who may be struggling with that guilt component of really creating that time and space for yourself, I think it's an important reminder to know that.

Jaclyn Carlson (30:42.084)
As we.

Jaclyn Carlson (30:49.412)
Definitely. I think it comes down to complete exploration of you. In the program that I have with my coach mother is in my group program, it's called Explore for a Reason because it starts, if you want to have significant change in your life, whether it be your own,

Laura (30:58.035)
Firstly, it's not selfish, but secondly, what benefits you will benefit your kids and the rest of your family.

Jaclyn Carlson (31:17.762)
or behaviour with your children, it starts with you and it's a complete exploration of you. Not only what lights you up, but why are you behaving in the way that you are? So if you are yelling more than you'd like to, which we all go through seasons when we're like that, why are we just feeling like we cannot communicate with anyone? Why are we not feeling like anyone is listening to us? We go back and explore our own personal triggers. So understanding our body, understanding why we are reacting the way that we're doing, where are our needs not being met.

So it's looking at what patterns are we bringing into these relationships from our own childhood. Like a lot of it starts with first making sense of who we are and our behaviour and why it makes sense so that we have that compassion to be like, I'm not a bad mom, but this, this, and this is happening and I can understand it now and make sense. And now I can see it in my children while they're responding to my energy.

Laura (32:11.123)
Definitely. And this is a perfect segue for my next question. I wanted to talk about breaking generational and condition responses that we have during moments of stress, particularly as mothers. Because before I had Indy, my daughter, I thought I'd done the work. I really did. I was like, yep, I've sorted all that stuff out.

Jaclyn Carlson (32:23.265)
Yes. Of course, yes.

Laura (32:39.635)
And I think the universe was having a little bit of a giggle at me. To be honest, it was like, mm-hmm. So, you know, how do we break generational cycles and condition responses that we may not even realise are there until we start to mother? Talk to us about that.

Jaclyn Carlson (32:56.8)
Yes, so I think, and that's the huge thing, and I think this is the unpopular truth, is that parenting is an ongoing journey. And just, we talked about surrender at the beginning of the

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conversation, it's like, you need to be able to get used to that failing often, repairing as much as you possibly can, and then reflecting. So I always say that the most powerful part of parenting often happens in reflection.

So this never is about you breaking the pattern and then never doing the behaviour again. It's about understanding that when we start to unlearn these, I mean, these are subconscious and learned patterns from when we were children. So it doesn't make sense to think of us now as grown adults that we're just gonna unlearn it and, you know, never yell, never show up being explosive, never snap, never judge, never label. That's not human behaviour. But what we start out,

with is first just an understanding and awareness. So why do we want to change the behaviour in the first place, I suppose? Like what about the behaviour is not serving us or not allowing us to show up? So everyone's childhood is different. Everyone's behaviour is different. A lot of times we don't even know the patterns until they happen. And it could be, you know, certain situations may arise and you think, wow, I have never been pushed to my edge that much. I didn't think that would be so triggering for me. What is it about?

the conversation about money or what was it about the issue with the friend at school triggered my own bullying experience or what brought up that childhood fear. You know, things sometimes will come out of nowhere for us as adults that then allow us to go deep inside to explore, okay, what happened in my childhood? This is making sense. I make sense. How could I begin to rewire that and to relook at that?

And then obviously you can do that. That's where again, where the breath comes in really powerfully in the state that I only work with my clients to go, let's start to tap in to say, what are these limiting beliefs that are really bubbling under the surface that are causing, you know, you're not constantly irritated or resentful. This need isn't being met. So let's sort of look at that a bit more. This need to be seen or perhaps, you know, never feeling like you were heard as a little child comes up in certain scenarios when your children aren't listening to you. So in that case, obviously it's an awareness around.

Jaclyn Carlson (35:19.837)

know this is the behaviour, I know this is my physical reaction, here's what's happening in my body so I know physiologically like it's not just me going from 0 to 60, I can see my body senses danger. When I'm in danger I go from regulated to dysregulated really quickly and my go -to learning pattern is to you know to shout because X Y and Z happened to me when I was child and that's how anger was shown to me. And from there we start to look at okay being able to

expand our window of tolerance. So in moments of stress, we slowly begin to expand how we're able to show up in those moments. So not able to sort of dismantle it and say done pattern broken, I'm never going to show up like that ever again. And I always work with my clients to say, you're never going to be perfect. I'm, I embrace imperfect parenting. But the idea is that over time, as we strengthen our resilience and we work through our nervous system regulation, the more that we work on that,

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you are going to be able to show up perhaps not every time, but the next time maybe a little bit deactivated. And then you might look back that night and say, I didn't do it. I wasn't really, wasn't really showing up the best that I possibly could do, but I could see why is because I didn't necessarily have a good night's sleep. And I can really see that I was really agitated heading into the morning. So therefore when the situation happened, I went back to my ingrained behaviour.

We keep strengthening in that nervous system over and over and over again and expanding that window of tolerance. And then over time you can see, okay, I showed up. I showed up, I was more grounded, I was more resilient, I was able to respond in a bit more of a paused way. And that explosive behaviour that I typically have always shown is always my go -to. I was able to diffuse that a little bit earlier. So it is a constant pattern of learning and unlearning. And then in reflection, looking back, where could you have perhaps shifted or changed?

in that moment for you, where could you have seen that sort of trigger bubbling up? When did you first notice it? What are your calming tools? These are all individuals. Your tools will be different than my own. But it's such a deep inner knowing of yourself is the key place. Why are your patterns the way you are? What are your patterns in the first place? And then how do you individually bring yourself out of dysregulation so that you can show up in a way that makes you feel proud?

Laura (37:44.051)

cultivating that awareness, isn't it? I mean, because unless we have awareness that we are feeling triggered and we are potentially responding in a way that we don't feel aligned with, then yeah, we can't do anything about it. And something for me after creating that awareness that I found really helpful was to switch my perspective. So instead of being hard on myself,

Jaclyn Carlson (37:49.338)

You can't stop it.

Laura (38:11.443)

you know, firstly, just being compassionate and recognizing that it was probably, you know, old trauma, childhood wounds that have not been addressed, that have been, I suppose, the catalyst for why I've responded in a particular way. But then getting curious, you know, why am I, why am I triggered here? Why am I wanting to respond in a particular way? And yeah, it doesn't always feel easy, but

Jaclyn Carlson (38:13.625)

Mm -hmm. Mm -hmm.

Laura (38:37.395)

creating that curiosity around well, why is that the case? That's been helpful for me anyway. Yeah.

Jaclyn Carlson (38:42.328)

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Curiosity is key. It has to be key. Sometimes it's not a sexy script. It's not a quick fix. And that's what I just say. If I could deliver a quick fix, I wish I could. But this process of shifting and changing who you are as a mother and cultivating more joy starts with that inner knowing of you. And like you said, I always say, wear my detective hat, like getting curious around what's happening for you, what's happening for your children, and just allowing to accept that with grace and compassion, like you said, because the more that you sit in that

guilt and shame cycle and beat yourself off around what happened. That's actually not serving anyone. No. And we need to be able to move through that and say, like you would teach your children, I have made a mistake, I didn't show up in the best way I could, I acknowledge that, I'm aware of that. And then, you know, have you, or in a reflection around perhaps what might have been the cause of that. And then you learn the next time. And it's that idea you just continually keep showing up for yourself and making those small improvements.

Laura (39:39.891)

Yeah, absolutely. And I know that you said obviously everyone, their toolkit is going to be different, different things work for different women. But for mommas who are feeling particularly triggered at the moment, and they're only just in the initial phases of putting on that detective hat. Do you have some tips that can support them regulating in these moments of feeling triggered that may be helpful?

Jaclyn Carlson (39:46.631)

Yes.

Jaclyn Carlson (40:02.391)

this.

Yes, so again, curious, get curious about your own calming tools. So everyone has their own calming tools depending on their own sensory input and output. But I mean a few quick ones and let's again, try what works in the middle of that when you start to feel that like, I'm going to lose it. I'm starting to feel so angry or frustrated. You know, it's like feel it. Where is it happening in your body? So is it your jaw? Is it your hands? Is it your gut? Do you feel like you get red or do you just quit completely? Just start to check out. So again, one becoming aware of your physical sensations.

Some good ones can be water. So again, running cold water underneath your wrists, splashing it on your face can sometimes take you back out and bring you back down. Sipping on ice water is a great one. My kids, this is like, this brings them down. So sipping on some cold ice water, dancing, shaking music. Sometimes in those moments, the last thing you feel like doing is dancing. However, you put on a song and you just start.

moving the energy through your body can sometimes, again, we're not trying to move you from dysregulated to zen meditating mama, that's never the goal. It's just, can I bring you back down ever so slightly so that you can just start to have a more regulated, grounded feeling? So music and dancing is great. Sunshine, fresh air, feet on the ground, getting grounded, breath work. So a good one is that I go to, it's just easy to remember, it's the two to one breath.

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So making sure that your inhale goes in through the nose and you can do an exhale through the mouth, but your exhale is twice as long as your inhale. So inhale for four, exhale for eight. And you want to make sure that exhale is slow and long, almost like you're just dragging it out as long as you possibly can. So going to the bathroom and just doing.

Jaclyn Carlson (41:59.06)

just two or three rounds of that can sometimes just bring you back down, just helps balance that nervous system for you. For others, it can be weighted blankets, it can be a hug, it can be sitting under something that's really soft, quiet, so noise -cancelling headphones. All of those methods, the music for some might just make you feel even more angry. Then you know, okay, I tried it, that is not my sensory calming tool. You might try the water and it might just make you feel really...

cold and agitated tick. Okay, now I know. So it is this continual process of calming tools. What can I potentially try out? And there's a huge long list as well of just kind of going trial and error and finding what works for you. For me, it's the breath and music. I'm just jumping around and dancing in my kitchen every time something feels a bit like off.

Laura (42:49.651)

I'm exactly the same as you. It is connect to my breath and then move my body with some music. Yep. Yep. Absolutely. But like you said, everyone is different and you have just provided so many easy free practical tools for people to try and give them a go. If it's not resonating with you, if you're not feeling more regulated, go on to the next one. But then once you once you find one that is serving you, you've got that right there in your toolkit. Beautiful.

Jaclyn Carlson (42:52.786)

Yes, move it, get out. Yeah.

Jaclyn Carlson (42:59.506)

Yeah.

Jaclyn Carlson (43:04.53)

Yeah.

Jaclyn Carlson (43:10.194)

Yeah, finding that safety within your own body is key. And it's, it's again, incredible that we have taken to adulthood to be able to kind of go, huh, all right. And once you've done that for yourself, then you start to do it for your children and your children will be different too. But what is going to calm your child down a little bit tantrum? What kind of tools can you begin to explore, get curious with them?

to find out how you can support them. You show up grounded, then you again have that better capacity to go, they're melting down, I feel safe in my own body now, let me help hold space for them.

Laura (43:50.899)

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Absolutely. It serves us, it serves our children. It's just goodness all around.

Jaclyn Carlson (43:56.721)

And that's the whole goal, the end goal is showing up for yourself first so that you then can show up in a better, stronger, deeper capacity for others.

Laura (44:04.467)

Absolutely. Now, Jacqueline, I also wanted to chat with you about being a mumma while also being a successful entrepreneur. It's a big question, but how can we truly mother consciously or in a way that we feel aligned with while also creating businesses that we're passionate about and that have impact because...

Jaclyn Carlson (44:08.785)

Mm -hmm.

Jaclyn Carlson (44:16.433)

Yeah.

Laura (44:29.331)

All too often, women, I do feel, can get stuck in that mindset of it's one or the other. And of course, I'm not saying, you know, you need to do everything and exhaust yourself. But if you do have an entrepreneurial calling or a business idea that you really want to follow and get going, can we do it all? And if so, what are your tips on how we can do this?

Jaclyn Carlson (44:35.377)

Yeah.

Jaclyn Carlson (44:39.664)

I mean, I think so many of us, especially during those early years, have that creative calling. And I've got a few things that I sort of always reflect back on when I always think about this in my own experience to share is that I.

One is the reframe around motherhood is a superpower. And I feel like because of it, it makes us perfectly aligned for entrepreneurship because of the fact that I think through motherhood, I have become laser focused. So I think there's two things when I look at, because there is that, look, there's always going to be that guilt that we have push, pull around. Am I doing the right thing? Should I be spending time away? And that guilt around work. So I think for me, it's been around boundaries.

is one, making sure that I have to have firm boundaries. So my children know, obviously, when I'm working, they know that working lights me up, that what it is I'm doing, but then also when I'm not working, really trying to be strong in those boundaries and not carrying that in. So when I'm with them, I try to be present with them 100%, and vice versa with my business. It is because of that superpower with motherhood, I feel like I'm able to, you give me an hour, and I'm able to do more now than I ever did in the office when I was just kind of...

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You know, having chats and having meetings, you become so focused. But it comes back to those boundaries of you only have a certain amount of time. So you need to be really, really diligent. This is more of a practical point of view is that you need to look at from a business perspective, where is the best return on investment? Where is the best return on your time? Because you're not going to be able to do it all in terms of getting through your entire to-do list. So we need to become super focused on what is going to move the dial in our business.

the fastest in the time that we have. The other second reframe that I've only started noticing myself recently is with my boys now who are four and six, is the guilt and sort of shame of working on the business has almost dissipated a little bit because I've begun to model what I'm working for to them. And to see that reflected back to me now, they're like, my mom's a boss. My mom does this. She's a breathwork teacher. And I hear them.

Jaclyn Carlson (47:04.045)

You know, she does it, she runs her own business. And I just thought, what a beautiful gift that we are then able to model them when we position running our own business, not as a detriment, but as a benefit to the family, into them, to show them, I love this, I'm doing after what I love. One day you're going to get to do what you love. You're going to get to be the palaeontologist. So that we don't cultivate this, you know, and that's where limiting beliefs around, you know, money and what you're worth all stem from is showing them that.

The work that you are doing and what you are doing lights you up and that it's okay to do what you love, to chase a big dream, and to model that for your children, to take them along, to tell them what you're doing. And we think that it doesn't matter. We think that they're not listening. But for me, that's been an incredibly profound shift is that it's not I'm taking time away from them. It is that I'm obviously I'm working for a bigger, broader goal for our family. But also it's incredibly powerful to get to do something you love. And that's what mom gets to do.

and that's what she's working hard for, and that's what she's studying for, or whatever it may be, that's what she's working on today. And I think as they get a little bit older, they have that awareness, and they don't feel that big gap as long as they know that when I'm working, but when I'm done, I'm done, and then it's time. So I think for me, it's like the boundaries, the reframe in my mind around where's my priorities, and then really making sure that I'm able to...

become very good at planning and very good at being organised and structured around where my time is spent.

Laura (48:35.635)

I love that so much. And being a mother is absolutely a superpower. It's about reframing it though, isn't it? And yeah, modelling for our kids, why we're entrepreneurs and business makers and yeah, so, so powerful. And what a beautiful thing that you are showing your children.

Jaclyn Carlson (48:38.603)

Yeah.

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Jaclyn Carlson (48:54.379)

Yeah, thank you. Thank you.

Laura (48:59.059)

Now I wanted to turn the spotlight a little bit more on to you and I'd love to know, we spoke about self care a little bit earlier, but I'd love to hear how do you really incorporate self care into your life? And I know every day will look a little bit different, particularly with young children, but what does that really look like for you?

Jaclyn Carlson (49:07.403)

Thank you.

Yep.

Jaclyn Carlson (49:18.921)

For me, it's a daily practice of at least if it's not the full practice, I mean, I used to be a runner and now I'm starting to run again. So whether it's squeezing in that and if it's got to be an early morning run, that is like my time to just drift off and have that mental space for me. It often doesn't look like, you know, how it used to most often days doesn't. To me also, if it's 10 minutes of just it's breath work for me, obviously being a breath work teacher, that makes sense. But when I say that it's probably...

It is done in the living room, toys being thrown at me. So it has to fit into my life now. And it's not just this practice that has to look perfect or look a certain way. It has to be integrated into my daily life. So whether that's that I'm meditating, I'm doing movement meditating and the kids now are watching me jumping on me. It's getting in that 10 minutes a day just to help align my body. Ideally in the morning, not always, but I think that reframe of.

What can I do for myself in those small pockets? In dismantling the expectation of what I think it used to look like or should look like in this doing is, you know, getting it done is better than having to be perfect. The movement for me is key. If I don't move and that can be like the breath or the body, I notice a huge shift in my mood, my triggers, my reaction, my reactions, everything.

Laura (50:30.899)

powerful.

Laura (50:36.339)

Yep. Yep.

Laura (50:44.307)

Thank you for sharing. And I'd also love to know what's next in your journey. Are there any upcoming projects or anything that you're working on that you're able to share with us?

Jaclyn Carlson (50:45.032)

Of course.

Jaclyn Carlson (50:55.111)

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Yes, absolutely. Never stop learning. But I have different workshops coming up for breath work and they can be online or in person. So depending on where you are, if you're curious about that, would love to check out an online session. And then I've got my Explore Group program, which is a three month online program for moms that's coming up as well. Thank you.

Laura (51:13.747)

I'm going to link to all of that in our show notes for everyone to check out. Absolutely beautiful. Now to finish us off, I have four rapid fire questions for you. Alrighty. What is one book that has had a profound impact on your journey that you'd recommend to our listeners?

Jaclyn Carlson (51:19.271)

Yes, go. Good boy. Love it.

Jaclyn Carlson (51:30.279)

Big Magic by Elizabeth Gilbert. Just the one that popped into my head and it's just, I think, not necessarily around motherhood or parenthood, but just around creativity and just tapping into that, like I said, that inner knowing is, ugh, yeah, pure gold.

Laura (51:36.883)

Yep. Yep.

Laura (51:46.739)

Beautiful, beautiful. I will link to that in the show notes also. What is one mantra or affirmation that you live by?

Jaclyn Carlson (51:54.151)

this too shall pass.

Laura (51:57.051)

Yep. Yep.

Jaclyn Carlson (51:57.831)

Seasons will come and go.

Laura (52:00.147)

Yep, seasons of life. What's one actionable tip that our listeners can implement today to support their wellbeing?

Jaclyn Carlson (52:11.014)

I'm gonna say, explore your breath. Start to become unaware. Work through the day and try to just see how you are actually breathing, showing up, are you holding your breath, are you breathing into your belly? That breath awareness is the key to starting to connect to your body.

Laura (52:26.003)

so powerful. And for someone listening who is wanting to create change in their life but doesn't know where to start, what piece of advice can you give them?

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Jaclyn Carlson (52:26.757)

Thank you.

Jaclyn Carlson (52:39.269)

I'm trying to think rapid fire. Okay, I would start with reconnecting and looking at what they're currently happy with and where they're feeling stuck. Before we need to know where we want to go, we need to know what's holding us back. Starting to have some strong conversations, whether that be internal or we're going for a walk or journaling. Starting to know where you want to go and what is stopping you. Your own version of that, getting it on paper, what that looks like right now.

Laura (52:53.075)

Yep, absolutely.

Laura (53:07.795)

Yeah, absolutely. Jacqueline, it has been such a pleasure. The work you do is so powerful and so important. And I just want to scream this message from the roof, you know, from the rooftop about what you do. And I'm so grateful for the way in which you turn up for your community and women. I will link to all of your show, everything in the show notes where our listeners can find you and how they can work with you.

Jaclyn Carlson (53:12.613)

So beautiful.

Jaclyn Carlson (53:20.397)

Thank you.

Jaclyn Carlson (53:27.909)

No.

Jaclyn Carlson (53:33.093)

Thank you.

Laura (53:36.723)

Is there anything else that you wanted to mention that maybe we didn't get to discussing before we wrap up?

Jaclyn Carlson (53:42.787)

no, I think it's such a beautiful conversation to be had. And like I said, if you're a new mom and you're listening, that exploration around that matrescence, that concept of this redefining of you, I just would encourage you if you, you know, hop on over, send me a note, reach out if you are feeling that and want to know more. It is a life -changing transformational word. So if you're not familiar with that yet, it is something that, you know, write it down, earmark it. There's so many resources out there.

that can help assist you as well as reaching out to me personally. I'd love to sort of help walk you through that because it will change your idea and definition of motherhood.

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Laura (54:19.731)

Beautiful. Well, thank you so much again.

Jaclyn Carlson (54:20.531)

Thank you so much. Thank you. This was incredible. Absolutely incredible. Thank you so much for having me. Bye.

Laura (54:26.419)

Thanks, Jacqueline.