

# SEXUAL MINDFULNESS FOR MOMMA

One of the most frequent complaints I encounter from new mothers is the loss of their desire to have sex. Although it's pretty common within the first few months after delivery, for some women this drop in libido can be a persistent problem.

Because of this, it's important to understand not just the physical causes of low libido after childbirth, but the emotional/psychological ones as well. Here I will explain just what these factors are and what you can do to maximize your sex drive after becoming a new mom.

## We know that:

new baby = new challenges with:  
time  
sleep  
energy  
body changes

**all directly or indirectly affect one's sex life!**

## Physical factors

Let's look at the physical factors first. The first few months after delivery, a new mom's body undergoes a large shift in hormone levels which will end up affecting her energy levels, her mood, her weight, and certainly her libido. Most people are aware of the lifestyle factors that help rebalance hormones:

- **Get your sleep** - especially for thyroid functioning, the body will try to slow you down if it doesn't get enough sleep. This means lower levels of thyroid hormone and sex hormones.
- **Eat good fats** - optimal hormone production relies on the proper building blocks from your diet. Fats in the form of egg yolks, avocados, coconut oil, a variety of nuts, freshly ground flax seeds, Chia seeds, hemp seeds, and extra-virgin olive oil are important for good hormone production. They also help the absorption of fat-soluble vitamins like vitamin D, vitamin A, vitamin D, and vitamin K, essential to hormone production.
- **Limit your carbs** - most people mistakenly believe that in order to lose weight they must limit their intake of fat. Actually, its sugar and simple carbohydrates that make you gain weight in the form of fat, and keep the weight on. Limiting carbs may also be the best way to decrease physical stress in the body and encourage the healthy production of hormones.

- **Get your B vitamins** - women are generally in need of a good B complex supplement. Since many B vitamins are necessary for producing energy and keeping your metabolism humming along, it's important to take a good quality B complex daily like this one.

But beyond the physical interventions to put your mood, your energy, and your mojo back on track, there are some crucial emotional/psychological factors that are just as important.

## Brain plasticity

The brain is constantly changing – responding to every experience, every behavior, and every thought. Plasticity refers to the ability of the brain to actually shape itself by growing new connections between nerve endings to form new neural pathways. This is exactly how you become good at something you practice diligently.

## Positive and Negative Thoughts

Not only does the brain reinforce what practices, but the emotion that is felt along with a particular activity or thought will also drive the brain to tag those activities or thoughts as either positive or negative. Once the brain makes a particular association, this becomes its new default and it takes energy and attention to overcome and/or reverse.

## Mindfulness

Mindfulness is a term very often thrown around that can seem to be mysterious or mystical. In reality, mindfulness is simply putting your attention carefully on something. It's as simple as that. For sex, mindfulness can be a powerful tool that helps you consciously make more positive associations to the things related to your sex life in order to reinforce and drive sexual desire.

## How it Works

- Our brains are designed to look for problems or negative things FIRST in order to try to fix them. It's a natural part of our problem-solving mechanism and also helps us think ahead to anticipate difficulties that we may need to work around. Unfortunately, this means that along with planning ahead of time, we can worry ahead of time too. Learning to balance these tendencies is exactly what mindfulness is all about.
- Because of this planning-ahead mechanism, it becomes much easier to think about negative aspects of your partner, your own sexual self, your sex life, or any other obstacles to having sex (like the thoughts "I'm tired," "I wish my body look different today," or "I have so much stuff to do that's more important. "). This is especially true for new moms that are experiencing so many changes along with so many new responsibilities.
- When you use mindfulness to consciously focus on things you like about sex and your sexual relationship, you build and strengthen new positive associations that in turn, are motivating for sexual desire.

## Mindfulness Exercises

1. Set aside 3-5 minutes during the day when you can have some quiet time and you will not be interrupted
2. Recall a memory that is sexy, erotic, or sexually pleasurable for you. This could be a memory of a particularly pleasant sexual experience, or it could be a fantasy of what an ideal encounter would be.
3. Focus on the most intense sensation of pleasure connected to this memory/fantasy and see where you feel it in your body.
4. Be conscious of the positive emotions that accompany this memory/fantasy and its feeling in the body. These emotions could be joy, love, peace, or arousal to name a few.
5. Take long, slow breaths as you sit with this combination of thoughts and feelings. Immerse yourself in this experience for 3-5 minutes.
6. If you find your mind jumping to something negative or you are distracted by another thought, just gently bring it back to the memory/fantasy.
7. Smiling helps.

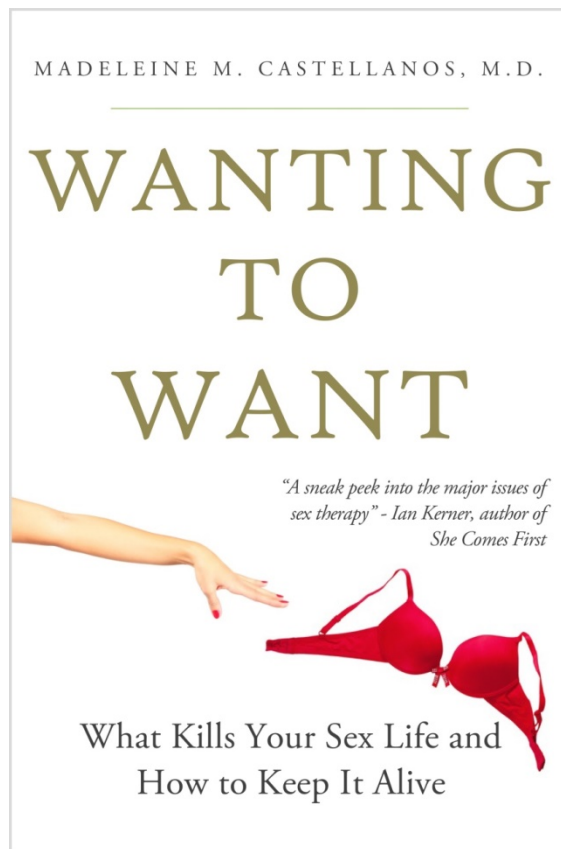
Practice these exercises daily (or more often if you like) in order to make new positive associations in your brain and continue to build more progress every day.

You cannot simply push away negative thoughts or associations. That's not how your brain works. What you can do is build new associations that lead to new experiences. In this way, you enhance your own positive feelings and responses, and the negative ones naturally get less attention and brain-time.

What you practice and give attention to will grow. What you do not give attention to will naturally decrease in power and intensity. This has far-reaching effects on all areas of your life, but especially so on your sex life. Once you understand how the process works within you, you know how to reverse the negativity to increase your chances of success. Each positive experience of connection and pleasure is another opportunity to celebrate positivity, which continues to reinforce the cycle of pleasure and then desire.



I welcome you to find more information about the factors driving sexual pleasure and desire in my book: [Wanting To Want: What Kills Your Sex Life and How to Keep It Alive](#) available at:



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