

# CAN A WOMAN MANAGE MOTHERHOOD AND WORK, WITHOUT LOSING HER MIND?



**YES SHE CAN!**

**I asked a writer, a  
branding pro, and  
a mom (all one  
person)**

**Here's what she  
told me**



# MEET DIBA

An Emotional Health & Wellness Writer  
A LinkedIn Ghostwriter  
A Personal Branding Strategist  
Mom, a sweet sister, and a guiding voice

When she writes, you  
stop and read  
She's that good  
And today, she's here  
to share more...



What's one thing that always gets dropped when you're juggling work and mom life?



Ohh, nice question!  
For me, that one thing is outings with friends I've missed them so many times..sometimes because of mom duties, and other times just being stuck in my work routine  
So yes, I do miss those random ice cream treats and carefree catch-ups with friends.



How do you plan your day around your toddler's routine and still meet deadlines without losing your mind?



Yes!

According to me, the perfect answer to this is time management and discipline... whether it's in personal life or professional life.

These two habits have helped me a lot.

They make it easier to plan my day around responsibilities and deadlines without feeling completely overwhelmed.



Do you carry urgent work into toddler time?



A big NO to this!!

I did it once...and later, I was drowning in regret

Since that day, it's been a firm no to urgent work during my toddler time.

Childhood doesn't come back.

But urgent work? It never ends

If you set clear boundaries in your work life, you can handle these situations calmly...without missing out on the moments that truly matter.



How do you take care of your mental health while balancing both?



Motherhood comes with a lot of mental exhaustion..only moms actually get this.

For me, daily reading, writing, and exercising are non-negotiable.

These are the things that help me take care of my mental health.

They heal me, ground me, and help me feel refreshed...every single day.






What tests your patience more:  
Toddler refusing to eat  
Or, the client asking for multiple revisions




Hahaha!! Another interesting question by the salty guy 😊  
Hmm... honestly, yes..a toddler refusing to eat really tests my patience!  
It's a real challenge to convince him with calm and love.  
But then again, clients asking for multiple revisions?  
That's another level!  
Still, with clear boundaries and the right mindset, both are manageable.





You're a Personal Branding Strategist.  
Has that helped you "strategize"  
motherhood too in any way?



Oh, of course!! It has helped me a lot.  
What it taught me is actually very  
interesting...like... just be yourself.  
Never compare your motherhood or  
parenting journey with anyone else's.  
Believe in yourself.

You're giving your 100%, and you  
bring your own unique strengths to  
the table...

so own this journey beautifully.  
I've used everything I've learned...  
especially from all my reading and  
reflections...  
strategically in my parenting.



**FOLLOW**



**It's clear that with  
right mindset and  
perfect strategy you  
can manage  
everything**

**There are so many  
Dibas out there who  
are showing up daily  
and winning in life!**

**Let's appreciate  
them more**

**FOLLOW FOR MORE  
STORIES THAT CELEBRATE  
WOMEN DOING IT ALL**

