

Dear Mama,

This letter is for the woman who is balancing a full-time job, full-time business, full-time relationship, and full-time motherhood while trying to maintain her full sense of self!

And if you're watching this in 2021, you're doing it all in a pandemic.

Now let me tell you, in 2020, I was doing all of those things and realized that I was pouring so much of myself into other people that at the end of the night, I had nothing for myself. I fell into a deep 8-month depression that only my faith and my therapist could help me out of. It's hard to balance everything all the time! As women, we are expected to right? We are expected to do it all, do it well, with a smile, and in heels!

When I think about the black woman, the black mother, I see a superhero. But the thing about being a superhero that I had to learn during depression is you're already that naturally. You don't have to prove it every single day. So if I can give you any advice, it would be:

- Take the time to pour just as much into yourself as you do others.
- Give yourself grace - you deserve it, you've earned it.
- Build your mommy tribe - you don't have to do it alone.
- And remember all of the challenges you were able to overcome to get to this point!

As Beyonce says, we are smart enough to make these millions, strong enough to bear the children, then get back to business. Let me be the one to remind you of who you are!

Mama, you are resilient
Mama, you are fierce
Mama, you are everything and then some.
You got this!

♡♡♡
Mariah

