

OVERWHELMED MAMA CASE STUDY

How The Jourse Helped Miranda Grieco Find Her Footing After Baby #3



"I knew that unless I could focus on myself, open up, and figure out what was 'off' with me, I wasn't going to be any good to anyone else."

— *Miranda Grieco*

Three months after having her third child, Miranda Grieco felt like she was drowning.

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"I was pretty much up to my eyeballs," **Miranda said.** "I was in postpartum depression, my newborn was three months old, and I was dealing with hormonal issues as my body adjusted back from having a baby."

She'd experienced depression after having her first two kids, but each time, she'd had something to throw herself into to distract her – a job as a teaching assistant with her first, and a huge exam to study for with her second.

But with her third, it was different.

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"When I had my third, I had nothing to fall back on," **Miranda said.** "I didn't have a teaching job to go to; I didn't have a big test to study for. I tried to pour myself into

my job now, but it was killing me. There was so much more to juggle and because of the ages of my kids – 5, 2, and a newborn – their need for me was so much more intense."

On top of that, Miranda had had a falling out with her mom and was struggling with the absence that rift had created in her life.

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"There was a hole there, and I couldn't fill it," **Miranda said.** "I felt like I was being stripped left and right, and as much as I was upset with my mom, not having her there left too much of a hole. No matter what I did, I couldn't cover it up, hide it, or work around it."

Miranda said she felt withdrawn and didn't know what to do. And then she saw the Jourse was available, and jumped at the opportunity.

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"I didn't know exactly what it was going to be," she said. "I just had a feeling it was going to feed my soul in a way I desperately needed. I knew that unless I could focus on myself, open up, and figure out what was 'off' with me, I wasn't going to be any good to anyone else."



So, Miranda invested herself in the Jourse, labeling it as "self care" in her calendar. She used each session as her designated time to start listening to herself, tuning into her anxieties, and exploring her feelings.

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"I wanted the awareness most of all," Miranda said. "I wanted to bring everything to the forefront so I knew what I was dealing with, instead of burying it like I did before. This time, I needed to confront myself."

Miranda said the Jourse helped her pull back a new layer of herself every week, starting with her mindset and how she looked at her day.

She was also able to make some key connections about her relationship with her mom, which helped her set boundaries and find the beginnings of healing and understanding.

Miranda said the session on spirituality also made an impact, reinforcing the importance of tuning into her inner voice.

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"If you aren't in tune with your inner you, you're so shut off," Miranda said. "I wondered why I wasn't growing in certain areas or why I felt so tense all the time. I realized I have to tune in so I can grow and feel at peace."

Miranda said the Jourse has helped alleviate the drowning feeling she was experiencing, giving her the kickstart she needed to regain more calm.

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"It's helped me become super aware," she said. "I'm self-assessing a lot now when I start feeling certain things. I verbalize how I'm feeling, and I take time for myself, to reset before things spiral out of control."

"I knew the Jourse was going to fill me up and be the beacon I needed to start moving in the right direction. I knew it wasn't going to solve all of my problems, but I needed a push to get me moving, and it did exactly that."

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