

Anna — Super mum – with or without hair!

Finding out I was pregnant, I felt elated, excited and overjoyed that I was going to be a mum. I couldn't wait to see my body change, to watch my baby grow, to feel its fluttering presence. I watched and waited in anticipation, curious and intrigued about everything that was to come. But alongside all these feelings and emotions, I also found myself lying in bed at night thinking about my baldness. More specifically, I worried about how being bald would impact on my journey as a mother. At this stage, I was completely bald and had been for a couple of years. And although I felt as if I'd been handling it well, I started doing some long hard thinking about my health and state of mind. The truth was, I had a lot of work to do and there was no better time to do it! It would be less than 12 months before I would have the pleasure of meeting my baby, and I wanted to make sure that the person he/she was going to meet would be the best version of me. It was time to take a breath, slow down and focus on my happiness. I felt determined to not only give my baby the best start in utero, but to ensure that when we finally came face-to-face, my baby would be greeted by a mother who was strong, confident, positive and powerful. A mother with a smile radiating true happiness.

So I set about implementing changes which would improve my health and wellbeing. I started eating better, exercising more, finding time for myself and doing things which made me happy. I started yoga and embraced nature; spending a lot of time outdoors and taking in the beauty of my surroundings. I made a strong effort to stop sweating the small stuff. I'd been living an incredibly hurried, stress-filled life, and it was time to slow down and put things into perspective. I didn't need to work so hard or to worry so much.

A big part of this healing was coming to terms with my alopecia. Finding peace with my baldness. For so long, I'd been so upset about my appearance. I wanted to look like the old me, so every time I looked in the mirror it pained me to see the person in its reflection. I needed to start going easier on myself, to treat myself with loving-kindness and greater acceptance. To do this, I reminded myself of all my wonderful qualities and started to give myself credit for them. I told myself, "You're enough just the way you are" and focused on being content with who I was and grateful for my life. In time I found that taking the emphasis off my appearance and all those little things I was taking too seriously, I now had more energy to be kind and gentle towards myself and others. I also began to appreciate how precious life really is. I'd wasted a lot of time worrying about being bald and letting it hold me back from living a full life. For the first time in a long time, it felt like I was living completely!



Anna — my son is going to see that his mum is happy, healthy and lots of fun...even if she's bald

My son is now almost 15 months old, and we're having so much fun together. He has such a strong interest in the world around him and it's a pleasure to see the world from his perspective. It's like seeing everything for the first time! Despite my hair growing back during the pregnancy and my baby's first year of life, it's now starting to fall out again. But this time, I'm not really all that fussed. I'm focused on being the best mum I can be and making sure that I teach my son how important it is to be resilient, to always remain optimistic, to have great courage and a fighting spirit. In order to do this, I need to lead by example. So my son is going to see that his mum is happy, healthy and lots of fun...even if she's bald!

