

WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



MONTHLY MENTAL HEALTH INSIGHT

Why is my relationship with my mom so hard?

Do you always feel angry at your mother? Does it feel like she says things to piss you off for no reason? Many daughters feel this way about their mothers. Women, for years, have been each other's safe spaces which also makes us susceptible to being each other's punching bags. This dynamic is especially common with mothers and daughters. In this article we'll explore why adult daughters are frequently frustrated with their mothers and how we can work to restore connectedness to the relationship.

When we think about mothers and daughters, we often imagine closeness, understanding, and unconditional love. But for many people, this relationship often carries tension or avoidance.

This contrast is rooted in both history and human psychology. For most of history, women's lives were shaped (and limited) by systems. Because of this, mothers and daughters relied heavily on each other for survival, learning, and identity. But here's the paradox: while patriarchal systems forced women to rely on one another, they also subtly pitted women against each other. Mothers, often unconsciously, passed down not just wisdom but also fear, internalized sexism, and rigid expectations of themselves and other women. Daughters didn't just inherit love and guidance; they also inherited pressure, anxiety, and judgmental attitudes. Psychologically, the mother-daughter bond is one of the most formative relationships in a woman's life. Because mothers are often our safest place, they can also become the place where we express our most unfiltered emotions. We sometimes hurt the people we feel safest with, not because we mean to, but because our subconscious believes the unconditional nature of the relationship can withstand it.

What Tense Mother–Daughter Relationships Often Look Like

- Daughters report feeling a lot of guilt related to disappointing, abandoning or angering their mothers
- Many feel ambivalent about the relationship and struggle to hold both love and frustration simultaneously
- Women show up as high achievers, people-pleasers, highly sensitive, and/or inconsistent with boundaries
- In friendships, daughters become the “therapist friend” or the “mom of the group”
- In relationships, many are hyperindependent or the opposite, completely codependent because of fears of abandonment and/or difficulty expressing needs
- At work and in careers, many daughters show up as perfectionists who overwork and are underpaid; some struggle with imposter syndrome
- In my office, it can show up as grief about what women wanted their relationship with their mother to be like

Over the past one to two generations, the mother–daughter relationship has undergone a massive shift and that shift is deeply tied to mental health. One of the biggest changes is that modern daughters are being raised with more autonomy, more opportunity, and more permission to question. Now, instead of daughters becoming extensions of their mothers, they are becoming individuals. And individuation, while healthy, is inherently disruptive to a relationship that was historically built on closeness, similarity, and shared identity.

The good news is that there are ways to start improving these relationships:

- Communication: Slowing Down the Pattern
- Boundary–Setting: Creating Clarity Without Guilt–Tripping
- Acknowledgement: Feeling Seen and Being Heard
- Having Fun Together: Rebuilding Positive Experiences
- Reframing: Seeing the Relationship From Different Perspectives
- Self–Reflection: Knowing Your Role

At the end of the day, mother–daughter relationships are rarely simple. They often hold layers of history, identity, expectations, and emotion. But they also hold a lot of potential for growth, repair, and deeper connection.

Exciting Practice Updates

PRESENTING IN PARTNERSHIP WITH PTS

Grace will be talking with physical therapists and support staff at Physical Therapy Solutions about multicultural and mental health integrations for PTs.





Book of the Month

THE JOY AND DEFIANCE OF MARSHA P. JOHNSON

A biography of Marsha P. Johnson and how she persevered life's adversity with joy, connection, and resilience.

[READ HERE](#)



Free Resource

CONTAINER EXERCISE

A mindfulness exercise that helps contain life's stressors. Stress can often feel as though it seeps into every fiber of your life – package it with intention.

[LISTEN HERE](#)

Joy as Defiance

BETWEEN LIFE AND THERAPY NEWSLETTER
FEATURE

I chose Joy as Defiance for my first newsletter feature because I think a lot of people in the world are having a really hard time right now both individually and systemically. The idea of using joy as defiance has deep roots in the experiences of marginalized communities, particularly with Black Americans during the Civil Rights Movement and the LGBTQ+ community during the Stonewall Riots. At this time, expressions of joy were not just emotional responses; they were intentional acts that affirmed humanity and hope.

Across these movements, joy functioned as more than a feeling – it was a strategy for survival and solidarity.

Right now, people from all walks of life in the world are suffering from oppressive systems. There seems to be this general sense of unrest throughout the world. We as people (and therapists) can look back at generations of LGBTQ people and Black Americans that had to suffer those similar feelings and experiences. They are experts in using joy as defiance because they've had to do it for decades.



Signs that people are needing more joy:

- I hear words like exhaustion, dread, grief, frustration, and numbness
- People describe constant background anxiety – almost like their nervous system is always scanning for the next thing that could go wrong
- Many are talking about waves of sadness or grief any time they open their phone or think about the state of their world and the future
- People are flaking and isolating; bailing on plans because they're just "too tired"
- Daily tasks feel overwhelming and exhausting
- Many are avoiding relationships because it feels like an added burden from their already heightened stress
- I see people struggling with guilt in their relationships because they feel spread thin



So if we know that people are feeling overwhelmed, exhausted, and hopeless right now, the question is: *what actually helps?* We can't pretend things are okay and stay stuck in the mud of grief and exhaustion. We must push to create spaces where people can feel connected and creative, where people can laugh and find meaning. Joy doesn't have to be big or noticeable. Here are some small ways to find and appreciate joy:

- Sensory experiences
- Connection with other people
- Creating instead of consuming
- Limiting inputs that make you feel low
- Participate in something meaningful
- Let joy and grief exist together

Take care of yourself, take care of one another, and do a good deed before the next read.

Work with me today

HAVE ANY QUESTIONS?

Reach out for an consulting inquiries or interest in therapy today!

[CONTACT ME](#)

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