



## Moms Who Inspire: Yael Cohen



M O M S   W H O   I N S P I R E

ANNA GANNON AUGUST 25, 2016



*Yael, Scooter, Jagger and baby on the way*

I'll never forget the first time I came across Yael Cohen.

It was a rainy day in New York City and my three-month old daughter had been screaming for the better part an hour. I was at my wits end when she finally fell asleep on top of me. Since I couldn't move much I hopped on Facebook to kill some time. While scrolling, I stumbled across one of Yael's blog posts on Motherlucker entitled, [Things No One Tells You: It's Lonely at First](#). The post talks about how new motherhood is lonelier than Yael originally thought it would be. As I read it, her words "Redefining my sense of self was what took the longest" seeped deep into my heart.

Her words felt like my internal dialogue, and for the first time as a mother, I felt like what I was feeling

was completely normal. Her blog has been a place where I go to feel more connected ever since.

Yael is much more than just the mastermind behind Motherlucker. She's also the CEO of [Fuck Cancer](#), a nonprofit she founded that helps bring awareness to early cancer detection that Yael founded after her mother was diagnosed with breast cancer. And when Yael's not running her businesses, she's spending time with her family, husband Scooter Braun, son Jagger and a little one on the way.

When I interviewed Yael I was immensely filled with love as she spoke about her motherhood experience. One thing that really hit home for me was when she talked about the importance of having mom friends and how much love and support they've brought to her life. You can read more about that in her answer to question four.

However, if there's one thing I want to get across about Yael before I let her take the reigns below, it's this; She is the real deal. She's not scared to speak her truth, be vulnerable and push for what she believes in, and that's why I'm so honored to share her thoughts with you below.

#### **1. What's your favorite part about being a mom?**

New perspective. When you become a mom everything is new, not only for you but for your baby. I love watching Jagger experience things for the first time because it helps me see them differently and to appreciate them more. Just the other day he saw an airplane and it made his entire day! Motherhood has given me the opportunity to live life through fresh eyes.

#### **2. What's been the biggest challenge being a mom?**

Readjusting my definition of self. When you become a mom YOUR life changes the most. Doing what you want, when you want, just isn't an option anymore. I mean, even attempting to go to the bathroom is a big ordeal...

#### **3. Self-care can be a challenge for moms. What advice do you have for moms who want to incorporate more self-care into their lives?**

Hmm, yeah I definitely struggled with self-care initially. After giving birth I really couldn't see how there could be space for both motherhood and time for myself. But when Jagger was 8 weeks old I went to a local mom group and a woman asked me if I'd like to go for a hike with her and some of the other moms that weekend. I was hesitant at first but it turned out to be just what I needed. I think it's about finding ways that are reasonable and about finding your mama tribe. When you hangout with other moms they make you feel understood and they get excited about little things like nursing your baby in the park for the first time, which is just amazing.

#### **4. What's the one piece of relationship advice you would give to new parents?**

Remember your life before you were a mother. My mom told me that when I became a new mom and it really stuck with me. It's easy to get wrapped up in taking care of your baby, but it's important to pay attention to your partner and show them love too.

#### **5. What's one thing people would be surprised to learn about you?**

That I had a touch of postpartum. I struggled with adjusting to my life and I felt really lonely for a while. I didn't really find joy in anything but my baby, and I just didn't feel fun anymore. Motherhood is hard and when it doesn't all go great at first, we feel subpar. It's definitely hard work but it's rewarding work.

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