

SELF CARE

30 SELF-CARE IDEAS For Busy Moms

1. ORGANIZE YOUR WARDROBE
2. GIVE OR RECEIVE A MASSAGE
3. HUG YOUR KIDS
4. INDULGE IN A GOOD MAGAZINE
5. DO LUNGES WHILE YOUR WATER BOILS
6. GO TO THE PARK WITH YOUR KIDS
7. TAKE A DIFFERENT ROUTE THAN NORMAL
8. DO THE THING YOU USED TO LOVE
9. GET TO KNOW YOUR NEIGHBORS
10. LAY DOWN FOR 15 MINUTES
11. SIT IN QUIETNESS
12. COMPLIMENT YOURSELF IN THE MIRROR
13. STRETCH
14. WATCH A FUNNY MOVIE OR TV SHOW
15. DIFFUSE ESSENTIAL OILS
16. SET A MOTIVATIONAL PHONE BACKGROUND
17. TRY A NEW RECIPE
18. DOWNLOAD A MIND CHALLENGE APP
19. KEEP A JAR OF WHAT YOU'RE THANKFUL FOR
20. PLAN YOUR DREAM VACATION
21. HAVE A DATE NIGHT
22. PLANT SOMETHING
23. TRY AN ADULT COLORING BOOK
24. JOIN A NEW COMMUNITY
25. SWIPE ON YOUR FAVORITE LIPSTICK
26. TRY ACUPUNCTURE
27. TREAT YOURSELF WHEN GROCERY SHOPPING
28. CHANGE UP YOUR HAIRSTYLE
29. CLEAN UP YOUR PHONE
30. DEDICATE 30 MINUTES OF NO-SCREEN TIME

START TODAY

Self-Care While Caring for a Newborn and a Toddler

- Stock on ready-to-grab snacks like pre-cut fruit, granola bars and dried fruit.
- Let your schedule and routine slide while you adjust to the new baby. You can always change back to your new normal later.
- When friends and family ask how they can help, tell them. Ask them if they can pitch for a house cleaning service, drop off dinner for you and your family, drop off activities to keep the toddler entertained, or even carry-out gift cards so that you can order out meals.
- Drink plenty of water, especially if you are breastfeeding.
- Schedule time to yourself to nap, soak in the tub, listen to music or do nothing.

@lwthemama

SLEEP REGULATION AND COVID-19

A few tips

GET SOME NATURAL LIGHT

Even just standing in the window as the sun shines for a few minutes in the morning can help to wake you up and send those signals to your body about when it's time to work and when it's time to rest.



DIVIDE UP WORK TIME AND REST TIME

Have a designated workspace, change out of your pjs to work, and stick to clear working hours rather than dipping in and out.

HAVE A TECH CURFEW

Try to set a curfew for using your phone and laptop and give your mind the opportunity to settle down before going to bed.



STICK TO REGULAR MEAL TIME

Try your hardest to stick to regular mealtimes to keep a proper schedule and thus keep your body's natural sleep signals on track.

REDUCE STRESS

Make sure you have a "toolshed" for dealing with stress and anxiety when they arise — that might include mindfulness, breathing techniques or talking through your worries with a friend or counselor.



SITES OF CONSCIENCE

10 - Minute self care ideas

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| 1. Quick massage | 14. Short nap |
| 2. A funny video | 15. Clear out clutter |
| 3. Mug cake | 16. T-shirt craft |
| 4. Read | 17. Hand scrub |
| 5. Meditate | 18. Shower or bath |
| 6. Simple facial | 19. Gratitude list |
| 7. Yoga poses | 20. Go outside |
| 8. Journal | 21. Paint nails |
| 9. Dance party | 22. List things you like about yourself |
| 10. Call or text | 23. Facial steam |
| 11. Hot beverage | 24. Friend bracelets |
| 12. Color | 25. Listen to music |
| 13. Picture collage | |