

# 31 SELF-CARE TIPS

## for Mom

- Take 3 deep breaths
- Go outside for fresh air
- Have a dance party
- Drink a cup of hot tea/coffee
- Call a friend
- Hug your partner
- Tell yourself that “I’m a great mom.”
- Sing at the top of your lungs
- Write in your journal
- Start a journal

- Eat something healthy
- Eat chocolate
- Drive with the windows down
- Go to bed early
- Go on a walk
- Have a tickle fight with your kids
- Read a chapter of a book
- Create something
- Clean off one cluttered space
- Run around the house

- Stretch your body
- Play your favorite music LOUD
- Doodle
- Look through old photographs
- Make faces at your kids
- Donate something
- Read your favorite quotes
- Light a good smelling candle
- Buy something just for you
- Take a short nap
- Hug your kids and tell them you love them, just because