

# Self-Care

## CHECKLIST FOR BUSY MOMS



TAKE A SHOWER

TAKE A NAP

PAINT YOUR NAILS

HAVE A CUP OF COFFEE/TEA ALONE

TEXT YOUR BEST FRIEND

EAT A HEALTHY BREAKFAST

DO A BRAIN DUMP

SIT OUTSIDE IN THE SUN

WORK OUT REGULARLY

TRY ADULT COLORING

READ A BOOK

ASK FOR HELP

GO TO BED EARLIER

KEEP A JOURNAL

LISTEN TO YOUR FAVORITE SONG

MEDITATE

WAKE UP A FEW MINUTES EARLIER

SAY NO

LAUGH

HAVE A FRIEND DATE ONCE A MONTH

