

# How to “Self-Care” for Busy Moms

Self-care is about taking time to take care of yourself as woman before trying to do everything as mom and/or wife.

You’ve heard the saying “you can’t pour from an empty cup.” That saying can’t be more true.



## Are you taking care of yourself?

If you find yourself feeling overwhelmed, unmotivated or feel like you are always in a bad mood, you are probably in need of self care.

## Love yourself

Truly loving and accepting yourself is the key to practicing self-care. When you wake up each morning say positive things to yourself about yourself. Self love mantras like:

- I am beautiful and my positive attitude radiates outwards.
- I am enough.
- I love myself and believe in myself.

## Make time for you

Moms are known for multitasking and getting things done. So add yourself into your “to-do” list each day. Write down 1 self-care idea in your planner every single day. Make it a priority to spend time alone, taking care of yourself. Even 5 minutes of meditation or journaling each day can make a huge difference in your everyday life.

## Do things you love

Make a list of things you love doing. Doesn’t matter if your kids or husband hate it. If you love it, write it down. (Page 3 has an area for you to write in.)

## Self-Care Ideas



- Use headphones and listen to relaxing music or sounds of nature to drown out noise. Journal or meditate.
- Light a candle to set a relaxing mood and read your favorite book.
- Let your kids know you need some “me time” and encourage them to take time for themselves too!
- Try doing simple things like longer showers, painting your nails or reading a book when you are first starting to make time for yourself. It gets easier to block out that self care time once you have a routine.

*“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”* -Christopher Germer

### How to make time for your self-care routine:

**Wake up before your kids.** If you are a morning person (or want to be one) this is perfect for you. Start out with 15 minutes of self-care time. So wake up before your kids, do something you love and be ready to start the day in an amazing mood. A few things you can do in 15 minutes: read, do a 10 minute exercise video, meditate, write or journal.

**Put your kids to bed at the same time each night.** By ensuring your kids have the same bed time each night you are also ensuring you’ll get some time alone before you go to bed. At night you can: read a book, take a candle-lit bath, journal, call someone who makes you happy.

# Your Turn

## → STEP 1: WRITE DOWN ALL THE THINGS YOU LOVE DOING

## → STEP 2: WHEN IS THE BEST TIME FOR YOUR SELF-CARE?

## → STEP 3: PLAN IT

Now is the time to take all of the things you love and put them in your planner. If you love hot baths go into your calendar now and schedule at least 2 nights during the week when you can take a hot, relaxing bath.

If you love reading, set those books on your nightstand now and jot down times you can read during the week.

You get the picture--start planning!

## → STEP 4: START DOING AND FALL INTO A ROUTINE.

Don't forget the importance of self-care. You are important to your kids, to you family, to your friends.

If you are burned out, you can't help others well. YOU need to make time for YOURSELF. No one else is gonna do it for you.