



Self-care tips for moms

Taking care of ourselves is not selfish or a luxury, it's a necessity. See if any of the following tried-and-true tips from mamas work for you

1. TAKE A LONG SHOWER OR BUBBLE BATH
2. MAKE A CUP OF TEA
3. READ A COUPLE OF CHAPTERS OF A BOOK
4. WATCH YOUR FAVORITE TV SHOW
5. TAKE A SHORT WALK
6. STEP OUTSIDE AND LOOK UP TO THE SKY
7. TAKE SOME DEEP BREATHS
8. LISTEN TO RELAXING MUSIC
9. HAVE A BLOWOUT
10. CONNECT WITH A FRIEND
11. HAVE TIME ALONE
12. PRAY
13. GO TO THE GROCERY STORE ALONE
14. HAVE A MANICURE
15. HAVE A MASSAGE
16. EAT DESSERT
17. DO SOMETHING YOU ENJOY, SUCH AS CRAFTING, COOKING OR GARDENING
18. TAKE YOURSELF TO LUNCH
19. WATCH A MOVIE (OR A BIT OF A MOVIE)
20. HAVE A NAP
21. MEDITATE
22. BE KIND TO YOURSELF

Visit www.supportingmamas.org for more information, resources and support for pregnant and new moms