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